



FirstWatch® Regional Influenza Update

According to the CDC, at the end of Week 7 (2/16/13), reports of influenza activity in the United States continued to be elevated although there were continued declines in both diagnosed influenza and influenza-like-illness throughout the U.S. Even fewer states reported "widespread" flu activity (22) than last week (31). There were increases in "regional" and "local" activity reported with 21 states plus Puerto Rico and Wash., D.C. plus 6 states, respectively. One state reported "sporadic". Influenza-like illness levels improved with at or above expected baseline levels in all regions; previously all regions were above expected baselines. Deaths related to flu remained above the epidemic threshold.

As usual with seasonal flu, those being hardest hit continue to be the very young and the elderly, and many of the deaths, were in those at high risk for developing flu complications http://www.cdc.gov/flu/about/disease/high_risk.htm. There were another 14 pediatric deaths reported this week for a total of 78 for this influenza season. Compared to all deaths reported through the Mortality Reporting System, the percentage of adult deaths due to influenza & pneumonia for last week was lower at 8.6% (9.1%), and 1.1 percentage points above the epidemic threshold. Older Americans were at the greatest risk for flu complications, with more than half of the hospitalizations for those ≥ 65 years old.

The percentage of positive influenza specimens was again lower; of the 8,144 specimens tested for influenza last week, a national average of 16.8% tested positive for influenza. Of those, 54.9% were from Influenza A and 45.1% from Influenza B; a continued trend of a less A and a more B than last week. A Regional view of positive flu specimens and their breakdown of flu types is available @ <http://www.cdc.gov/flu/weekly/>. Different Regions, and areas within those Regions, are reporting different dominant strains. An easy-to-use map of the different Regions' dominant strains can be found @ <http://gis.cdc.gov/grasp/fluview/fluportaldashboard.html>.

The percentage for outpatient visits ILI (influenza-like illness) was 2.8%, still is higher than the national baseline of 2.2%, but again lower than last week (3.2%).

For easy to read and view maps and graphs & more detailed statistics, including influenza updates by Region and State, see:

- <http://www.cdc.gov/flu/weekly/>
- <http://gis.cdc.gov/grasp/fluview/fluportaldashboard.html>

To find more about influenza surveillance, methods and data collection sets, see <http://www.cdc.gov/flu/weekly/overview.htm>

For more reference, a list of links, found on the CDC Fluvview website, and with the following note included are:



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Google Flu Trends: Google Flu Trends uses aggregated Google search data in a model created in collaboration with CDC to estimate influenza activity in the United States. For more information and activity estimates from the U.S. and worldwide, see <http://www.google.org/flutrends/>

World Health Organization: Additional influenza surveillance information from participating WHO member nations is available through **FluNet** (http://www.who.int/influenza/gisrs_laboratory/flunet/en/index.html) and the Global Epidemiology Reports, http://www.who.int/influenza/surveillance_monitoring/en/

WHO Collaborating Centers for Influenza located in Australia, China, Japan, and the United Kingdom.

Europe: for the most recent influenza surveillance information from Europe, please see WHO/Europe at

<http://www.euroflu.org/index.php> and visit the European Centre for Disease Prevention and Control at http://ecdc.europa.eu/en/publications/surveillance_reports/influenza/Pages/weekly_influenza_surveillance_overview.aspx

Public Health Agency of Canada: The most up-to-date influenza information from Canada is available at <http://www.phac-aspc.gc.ca/fluwatch/>

Health Protection Agency (United Kingdom): The most up-to-date influenza information from the United Kingdom is available at <http://www.hpa.org.uk/Topics/InfectiousDiseases/InfectionsAZ/SeasonalInfluenza/>

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