



FirstWatch® Regional Influenza Update

According to the CDC, at the end of Week 9 (3/9/13), reports of influenza activity in the United States continued to decline in diagnosed influenza throughout the U.S, although levels are still elevated. Even fewer states reported "widespread" flu activity (8) than last week (9). Puerto Rico plus 19 states reported "regional" activity and Wash., D.C. plus 17 states had "local" activity reported. Six (6) states reported "sporadic" activity. Influenza-like illness levels improved again with 6 of 10 regions at or above expected baseline levels (previously 7 of 10 regions were). Deaths related to flu remained above the epidemic threshold.

There were 12 more pediatric deaths reported this week for a total of 99 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 a little higher at 8.6%% (previously 7.7%), 1.1 percentage points above the epidemic threshold. Older Americans were at the greatest risk for flu complications, with the same 51% of the hospitalizations for those ≥ 65 years old.

The percentage of positive influenza specimens was lower than last week; of the 5,747 specimens tested for influenza last week, a national average of 14.3% tested positive for influenza; a full 2.9 percentage points less than last week. Of those, 35.6% were from Influenza A and 64.4% from Influenza B. 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 2.6%, just a little higher than the national baseline of 2.2%.

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:

CDC Note: Any links provided to non-Federal organizations are provided solely as a service to our users. These links do not constitute an endorsement of these organizations or their programs by CDC or the Federal Government, and none should



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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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