The purpose of the weekly Influenza Watch is to summarize current influenza surveillance in San Diego County. Please note that reported weekly data are preliminary and may change due to delayed submissions and additional laboratory results.

**Current Week 43 (ending 10/28/2017)**
- 31 new influenza detections reported: Expected level
- 1% influenza-like-illness (ILI) among emergency department visits: Expected level
- 1 new influenza-related death reported this week
- 6% of deaths registered with pneumonia and/or influenza: Expected level

### Current Season Summary
- **316 Total Cases**
  - **2 ICU Cases**
  - **2 Deaths**
  - **2 Outbreaks**

### Virus Characteristics
- **57.6%** Influenza A
- **2.5%** Influenza A (H1N1)pdm09
- **12.7%** Influenza A (H3) Seasonal
- **21.5%** Influenza B
- **3.8%** Influenza B/Yamagata
- **1.9%** Influenza B/Victoria
- **21.5%** Influenza A/B

### Table 1. Influenza Surveillance Indicators

<table>
<thead>
<tr>
<th>Indicator</th>
<th>FY 2017-18*</th>
<th>FY 2016-17</th>
<th>Prior 3-Year Average**</th>
</tr>
</thead>
<tbody>
<tr>
<td>All influenza detections reported (rapid or PCR)</td>
<td>Week 43</td>
<td>Week 42</td>
<td>FYTD$^*$</td>
</tr>
<tr>
<td></td>
<td>31</td>
<td>27</td>
<td>316</td>
</tr>
<tr>
<td>Percent of emergency department visits for ILI</td>
<td>Week 43</td>
<td>Week 42</td>
<td>FYTD$^*$</td>
</tr>
<tr>
<td></td>
<td>1%</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>Percent of deaths registered with pneumonia and/or influenza</td>
<td>Week 43</td>
<td>Week 42</td>
<td>FYTD$^*$</td>
</tr>
<tr>
<td></td>
<td>6%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Number of influenza-related deaths reported$^*$</td>
<td>1</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

$^*$ FYTD=Fiscal Year To Date (FY is July 1 - June 30, Weeks 27-26). Total deaths reported in prior years: 87 in 2016-17, 68 in 2015-16, and 97 in 2014-15.

$^*$ Previous weeks case counts or percentages may change due to delayed processing or reporting.


$^*$ Current FY deaths are shown by week of report; by week of death for prior FYs.
Antivirals infrequently prescribed to high-risk flu patients

A study from the Centers for Disease Control and Prevention (CDC) published on October 23, 2017 reveals that antiviral drugs are prescribed to only 15% of outpatients who have acute respiratory infections (ARIs) and a high risk for influenza.

The investigators looked at antiviral prescription and clinical data for high-risk outpatients, aged 6 months and older, who had an ARI and were enrolled in the US Influenza Vaccine Effectiveness Network, during the 2011-12 to 2015-16 flu seasons. They found that only 718 of 4,861 high-risk patients (15%) who presented within 2 days of symptom onset—when antivirals are shown to be most effective—were prescribed the drugs. In addition, only 40% of high-risk outpatients who had influenza sought medical care within 2 days of first symptoms.

The study showed that earlier presentation to a clinic was associated with fourfold-higher odds of receiving antiviral medication. It also found that a fourth of high-risk outpatients with influenza diagnosis had no fever.

The researchers concluded, "Influenza antiviral medications were infrequently prescribed for high-risk outpatients with ARI who would benefit most from treatment. Efforts to increase appropriate antiviral prescribing are needed to reduce influenza-associated complications."

The article from Clinical Infectious Diseases may be found here: Influenza Antiviral Prescribing for Outpatients with an Acute Respiratory Illness and at High Risk for Influenza-Associated Complications during Five Influenza Seasons—United States, 2011–2016.

Current CDC recommendations for the use of antivirals in the treatment of influenza may be found here: Influenza Antiviral Medications: Summary for Clinicians.

Table 2. Influenza Detections Reported, FY 2017-18*

<table>
<thead>
<tr>
<th>Positive Test Type/Subtype</th>
<th>Week 43</th>
<th>Total FY-To-Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza A†</td>
<td>16</td>
<td>182</td>
</tr>
<tr>
<td>Influenza A(H1N1) Pandemic 2009</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Influenza A (H3) Seasonal</td>
<td>5</td>
<td>40</td>
</tr>
<tr>
<td>Influenza B†</td>
<td>6</td>
<td>68</td>
</tr>
<tr>
<td>Influenza B/Victoria</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Influenza B/Yamagata</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>Influenza A/B†</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td>31</td>
<td>316</td>
</tr>
</tbody>
</table>

† FY is July 1 - June 30.
† No further characterization performed, or results were not yet available at time of publication.

Note: Totals may change due to further laboratory findings.
Figure 1. Percent of Emergency Department Visits for Influenza-like Illness by Week and FY

Figure 2. San Diego County Influenza Detections by Type and Week of Report, 2017-18 FYTD (N=316)
Figure 3. Percent of Reported Influenza Cases by Age Group and Season, 2011-12 to 2017-18 FYTD

Figure 4. Cumulative Influenza Case Reports by Week & Season

November 1, 2017
Volume 17, Issue 4
Week 43
Ending 10/28/2017
Figure 5. Percent of San Diego County Emergency Department Visits for Influenza-like Illness by Week and FY Compared to 5-Year Baseline & Upper 95% Threshold Values (Serfling Method)

Figure 6. Percent of San Diego County Deaths Registered with Pneumonia and/or Influenza by Week and FY Compared to Prior 5-Year Baseline & Upper 95% Threshold Values (Serfling Method)
Figure 7. Influenza Deaths by Type, and Season

- Influenza A/B, Type Unknown
- Influenza B
- Pandemic H1N1
- Influenza A/H3
- Influenza A, No Subtype

Figure 8. Influenza Deaths by Age and Season

- <1 yr
- 1-17
- 18-34
- 35-64
- 65+
- 65+
Influenza Reporting in San Diego County

Local providers are encouraged to report laboratory positive influenza detections to the County Epidemiology Program by FAX (858) 715-6458. Please fax a Case Report Form and/or a printed laboratory result, and indicate if the patient was admitted to ICU or died, and/or is a resident of a congregate living facility.

For questions regarding sending specimens to Public Health Laboratory (PHL), call (619) 692-8500. Click here for the updated PHL PCR Test Request Form. Contact the Epidemiology Program with any questions at (619) 692-8499 or by email to: EpiDiv.HHSA@sdcounty.ca.gov.

Resources
San Diego County Influenza Surveillance Weekly Slide Deck - presentation version of this report
County of San Diego Immunization Program www.sdiz.org
California Department of Public Health Influenza
Centers for Disease Control and Prevention Influenza Surveillance Weekly Report

Figure 9. Number of Influenza Cases Requiring ICU Care by Episode Week and Type of Influenza, 2017-18 FYTD (N=2)

Episode week is the week of symptom onset, or earliest available date in which the case is identified.