



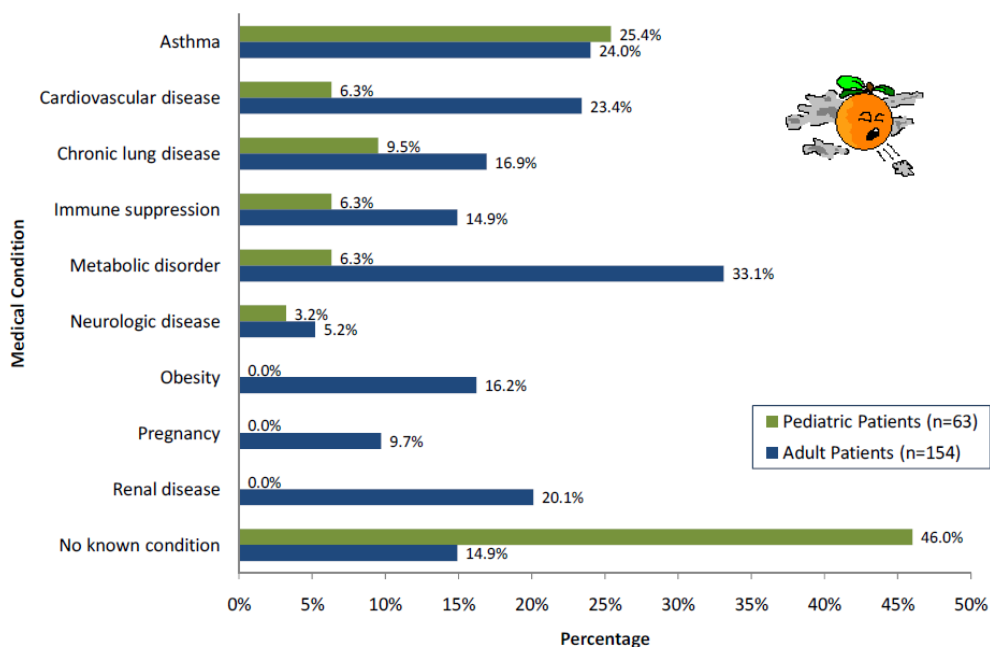
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Influenza activity is increasing in Orange County. It's not too late to vaccinate!

Four severe cases (resulting in admission to intensive care) of influenza in persons <65 years of age, including three children, have been reported in Orange County (OC) in the past few weeks. None of these severe cases were vaccinated against influenza this season. It's not too late to vaccinate! Reports of influenza and influenza-like illness in OC have increased in the past month and influenza activity usually peaks here between December and March. Influenza vaccine is readily available in the community and is a good match for the influenza strains currently circulating in the U.S. For vaccination locations see www.ochealthinfo.com/public/flu or www.flu.gov.

- **Influenza Update—International:** Increases in influenza activity have been reported in Europe, with the 2009 H1N1 and B strains being predominant. In Canada, influenza continues to increase with influenza A H3 being the predominant subtype. For more information see www.cdc.gov/flu/international/activity.htm.
- **Influenza Update – U.S. and California:** Nationally, influenza activity is now widespread in eight states (AL, AZ, GA, KY, LA, NY, NC, VA). Pneumonia and influenza deaths remain below the epidemic threshold. In California, influenza activity remains sporadic. RSV activity continues to increase.
- **46% of children and 14.9% of adults hospitalized with influenza this season have no known underlying medical condition.** See graph to right. Data is from FluSurv-NET, which conducts population-based surveillance for laboratory-confirmed influenza-associated hospitalizations in over 80 counties in 16 states. See www.cdc.gov/flu/weekly for more information and for footnotes of how underlying medical conditions are classified. **Influenza vaccine is recommended annually for all persons 6 months of age and older.**

Selected underlying medical conditions¹ in patients hospitalized with influenza, FluSurv-NET 2010-2011²



- **Updated CDC Recommendations on Use of Antivirals in the Treatment and Prevention of Influenza in Pregnant Women for the 2010-11 Season.** CDC convened a meeting of experts in August 2010 to review the evidence and provide input on treatment and prevention of influenza during pregnancy. Experts in the fields of influenza, obstetrics, pediatrics, pharmacy, teratology, maternal-fetal medicine, preventive medicine, public health, emergency response, and others participated in the meeting. Data from the 2009-2010 influenza season showed that pregnant women who were treated early with antiviral medications were less likely to be admitted to an intensive care unit and to die. In addition, available data suggest that neuraminidase inhibitors (oseltamivir and zanamavir) are not teratogenic. See www.cdc.gov/flu/professionals/antivirals/avrec_ob2011.htm for recommendations.
- **“Teaching Children about the Flu – Lesson Plans and Activities for Child Care and Early Childhood Programs”.** This CDC toolkit includes games, handouts and colorful posters to use with children 3-10 years of age. See www.cdc.gov/flu/whatsnew.htm for link to document.

*If you have any comments about this flyer, contact Michele Cheung, MD, MPH at (714) 834-8180.
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