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Influenza activity continues to remain elevated in Orange County! It's still not too late to vaccinate. High risk persons, including seniors and very young children, should seek care as soon as possible for flu symptoms as antiviral treatment can avert serious flu outcomes.

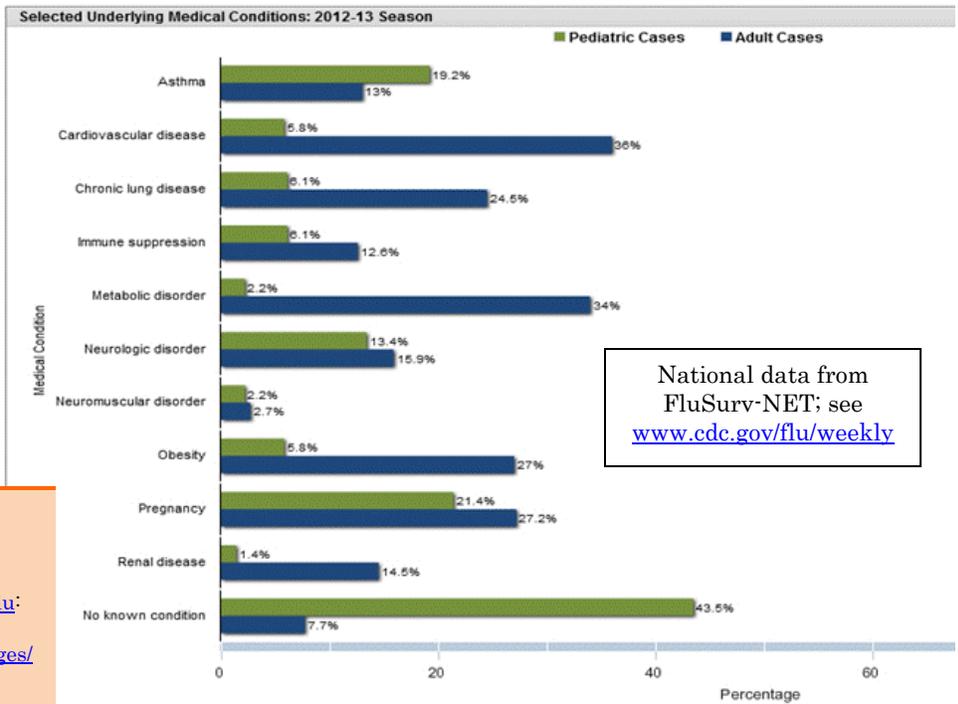
- In Orange County and California:** Four new severe flu cases (ICU/deaths) in persons less than 65 years of age were reported since last week, for a total of 27 severe cases so far this season, including five deaths. Six of the severe cases were in children. The majority (81%) of severe cases tested positive for flu A; of the A's that were subtyped all were A/H3. Reports of influenza-like illnesses (ILI) in schools and from outpatient sentinel providers are no longer escalating. Influenza activity remained widespread in California during Week 5 (ending 2/2/2013).
- In the United States:** Influenza activity overall remained elevated through Week 5 but decreased in most areas. Influenza-associated hospitalizations continued to increase but pneumonia and influenza deaths decreased, while still remaining above the epidemic threshold. The most commonly reported underlying medical conditions were cardiovascular disease, metabolic disorders, obesity, and chronic lung disease (excluding asthma) among adults hospitalized with influenza, and asthma, neurologic disorders, chronic lung disease and immune suppression among children hospitalized with influenza. Forty-four percent of hospitalized children had no identified underlying medical conditions. See graph (right).

Persons at increased risk for serious complications from influenza

- Adults 65 years and older and children younger than 2 years old;
- Pregnant or post-partum women (within two weeks);
- Persons with chronic medical conditions, such as:
 - Chronic lung disease (such as asthma, chronic obstructive pulmonary disease [COPD] or cystic fibrosis)
 - Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
 - Metabolic disorders (such as diabetes mellitus)
 - Neurological and neurodevelopmental conditions
 - Blood disorders (such as sickle cell disease)
 - Kidney disorders
 - Liver disorders;
- Persons with weakened immune systems due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids);
- Persons with morbid obesity (body mass index [BMI] ≥ 40)
- American Indians and Alaskan Natives;
- Persons younger than 19 years of age on long-term aspirin therapy.



Laboratory-Confirmed Influenza Hospitalizations
Preliminary data as of Feb 02, 2013



Recommended Resources

General: <http://www.cdc.gov/flu/>
 OC: <http://ochealthinfo.com/phs/about/dcepi/epi/flu/>
 CDC: <http://www.cdc.gov/flu/weekly/>
 CA: [http://www.cdph.ca.gov/HealthInfo/discond/Pages/Influenza\(Flu\).aspx](http://www.cdph.ca.gov/HealthInfo/discond/Pages/Influenza(Flu).aspx);
 FLU.gov: <http://www.flu.gov/#>

If you have any comments about this flyer, contact Sandra Okubo, MPH or Michele Cheung, MD at (714) 834-8180. To receive this newsletter by email, please contact us at epi@ochca.com.