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Flu activity continues to be widespread in most of the US, and remains high in Orange County.

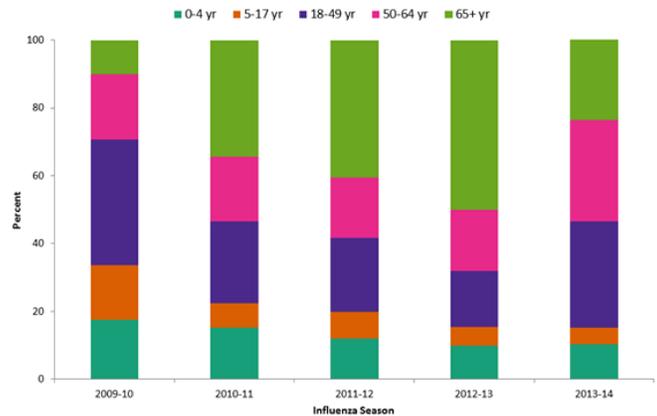
Basic steps can protect you and your family from getting flu: (1) Get your flu shot – it’s not too late, visit www.ochalthinfo.com/flu for locations, (2) Make sure to wash your hands often, (3) Cover coughs and sneezes with your sleeve or a tissue, and (4) Stay home when you are sick.



Seasonal Influenza Update:

- **In the US:** Influenza continues to be widespread in several states (including CA) and several indicators of flu activity remain elevated. The cumulative rate of reported laboratory-confirmed influenza-associated hospitalizations is 17 per 100,000 population thus far this season. The highest hospitalization rate is among adults aged ≥ 65 years, followed by those in age groups 0-4 years and 50-64 years. However, those aged 18-64 years still account for 61% of reported hospitalized cases (see chart at right). The most commonly reported underlying medical conditions among adults were obesity, metabolic disorders, cardiovascular disease, and asthma. The most commonly reported underlying medical conditions in children were asthma, obesity, neurologic disorders, and cardiovascular disease. Approximately 40% of hospitalized children with flu had no identified underlying medical conditions.

Laboratory-Confirmed Influenza Hospitalizations by Age Group
Preliminary data as of Jan 18, 2014



- **In Orange County:** Outpatient visits for influenza-like illness remain elevated at 4.1%. Orange County continues to receive reports of severe influenza (ICU/death) in persons under 65 years of age. So far this season, 35 severe cases, including 8 deaths, have been reported. The majority of severe cases have had an underlying medical condition that may have increased their risk for severe complications from influenza. For those severe cases with known vaccination status, only 15% were vaccinated against influenza. **It’s not too late to vaccinate; we expect influenza to be circulating for at least several more weeks to months.**

Avian Influenza Update:

- More than 70 human cases of H7N9 have been reported in the Western Pacific Region of China (and Hong Kong and Taiwan) since October 2013 (see chart at right). Most human cases have reported a history of exposure to birds or live poultry markets. There is currently no evidence of sustained human-to-human transmission.
- Clinicians should remain vigilant as the Lunar New Year approaches. Report travelers ill with influenza-like illness within 10 days after returning from areas with avian influenza immediately to Epidemiology at 714-834-8180.
- For infection control recommendations while caring for suspect, probable and confirmed human cases of novel influenza A associated with severe disease (such as H7N9 or H5N1), see <http://www.cdc.gov/flu/avianflu/h7n9-infection-control.htm>.

Laboratory-confirmed cases of human infection with avian influenza A(H7N9) virus by week of onset as of January 21, 2014

