



CURRENT BURDEN OF FLU IN WA STATE, 2019-2020

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INFLUENZA BACKGROUND AND TRANSMISSION

Influenza Background and Transmission

Flu is caused by influenza virus. Types A and B infect humans.

Sudden onset of fever ($\geq 38^{\circ}\text{C}$), cough and/or other respiratory symptoms (eg. shortness of breath) and systemic symptoms (fatigue, muscle soreness, headache).

****Note symptoms in the elderly may be atypical:**

- Fever may be absent
- Patients may present with anorexia, mental status changes

Complications

Pneumonia and worsening respiratory status in patients with underlying chronic obstructive lung disease and congestive heart failure

Transmission

Large respiratory droplets and by direct contact with droplets, followed by touching nose/mouth

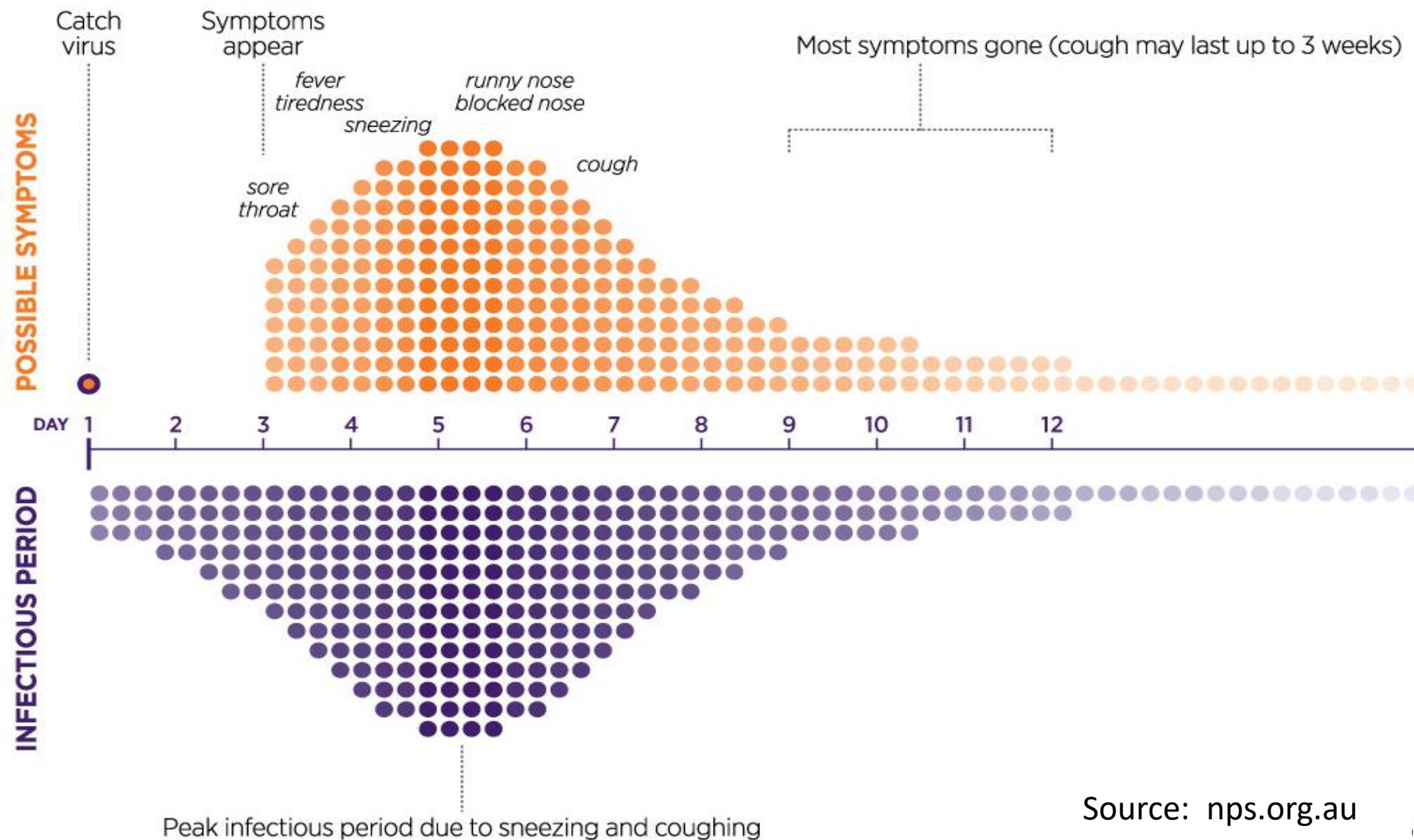
Infectiousness

Begins 24 hours prior to onset of illness. May shed virus for five or more days after symptom onset

Incubation Period

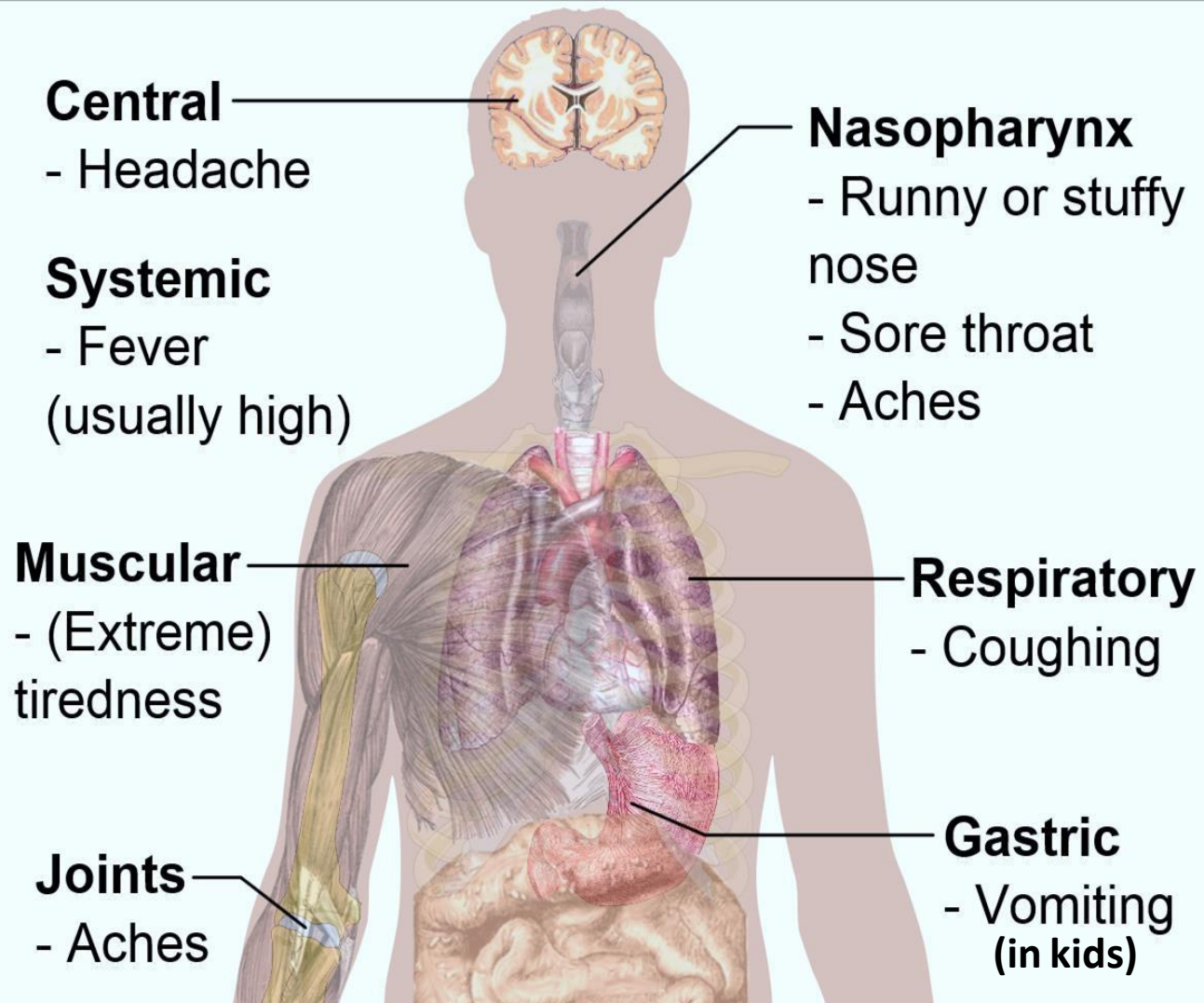
1 to 4 days

Infectious Period



Influenza Symptoms

Symptoms of Influenza (Flu)





NATIONAL FLU SURVEILLANCE, 2019-2020 SEASON

Influenza Activity Estimates Reported by State and Territorial Epidemiologists*

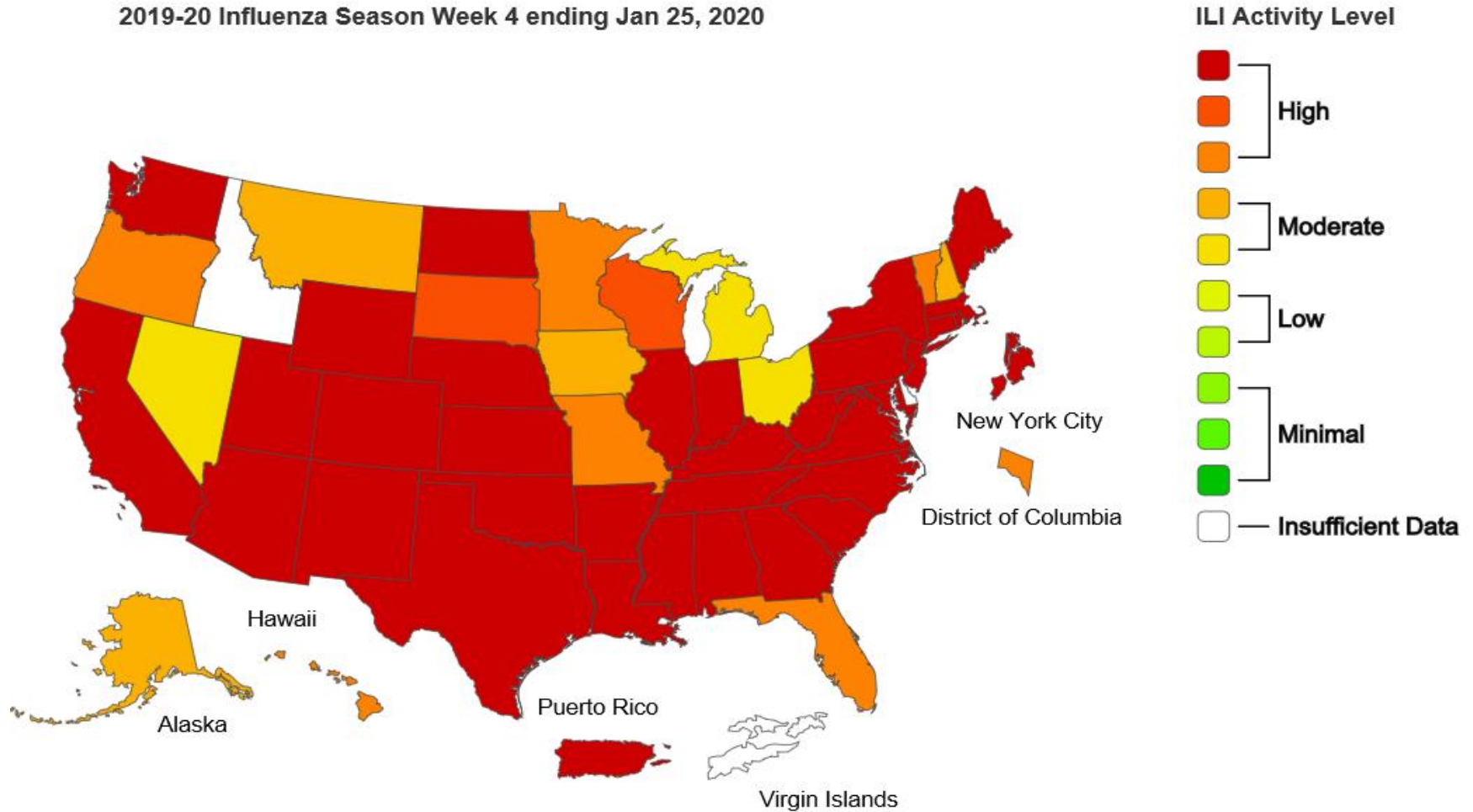
Week Ending Jan 25, 2020 - Week 4

Influenza Activity Estimates



ILI Activity Map, CDC

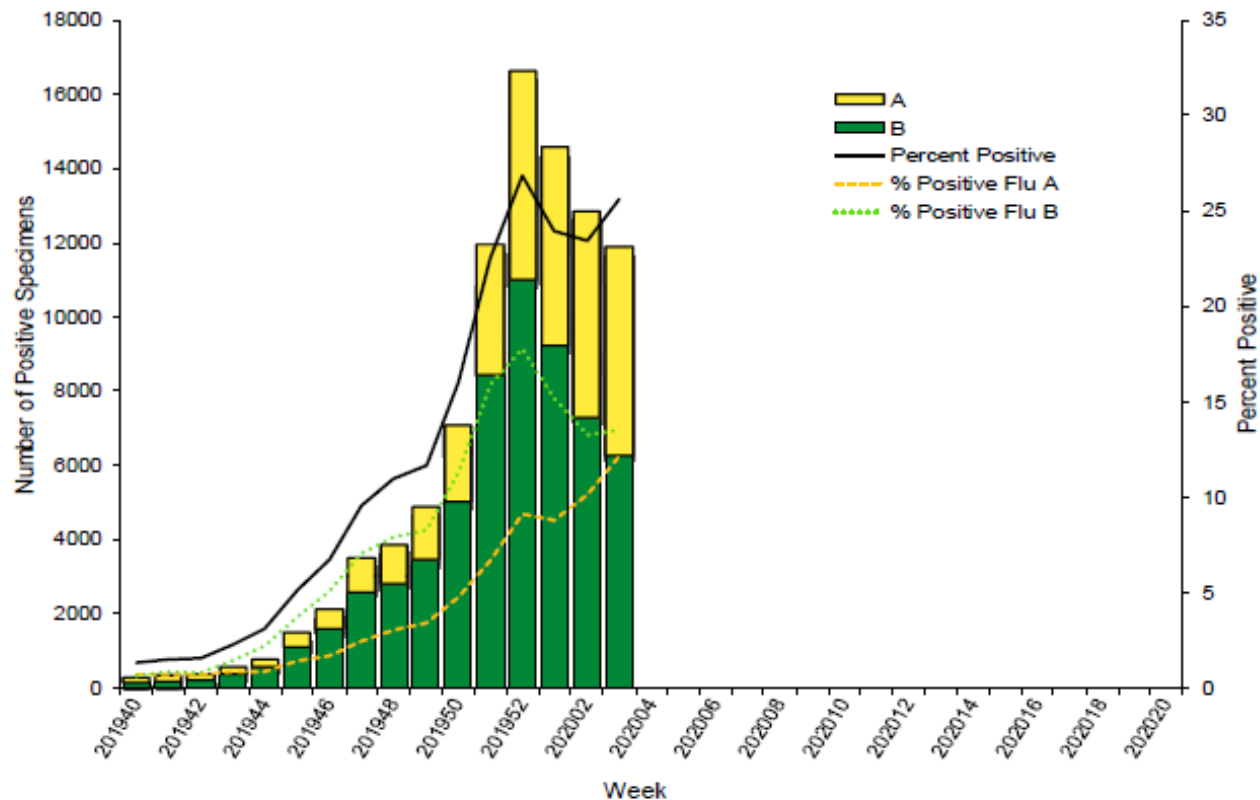
2019-20 Influenza Season Week 4 ending Jan 25, 2020



CDC: <https://www.cdc.gov/flu/weekly/usmap.htm>

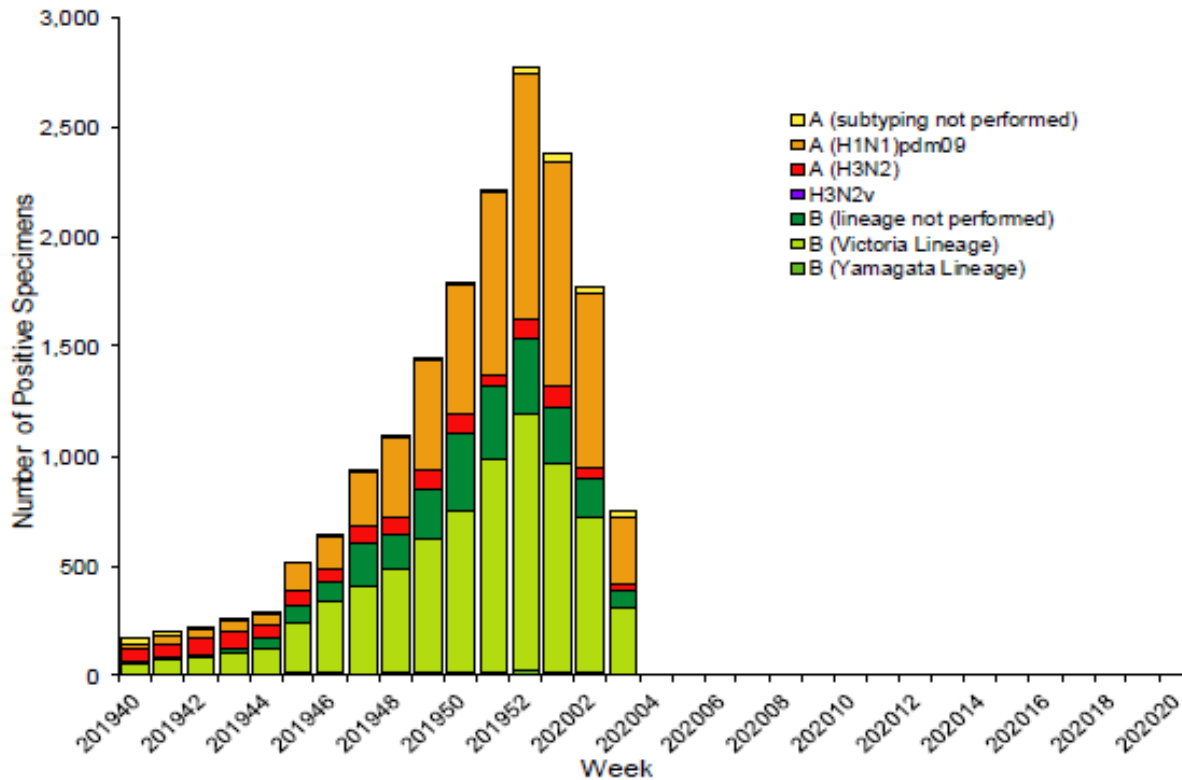
Influenza Positive Tests, National Clinical Laboratories

**Influenza Positive Tests Reported to CDC by U.S. Clinical Laboratories,
National Summary, 2019-2020 Season**

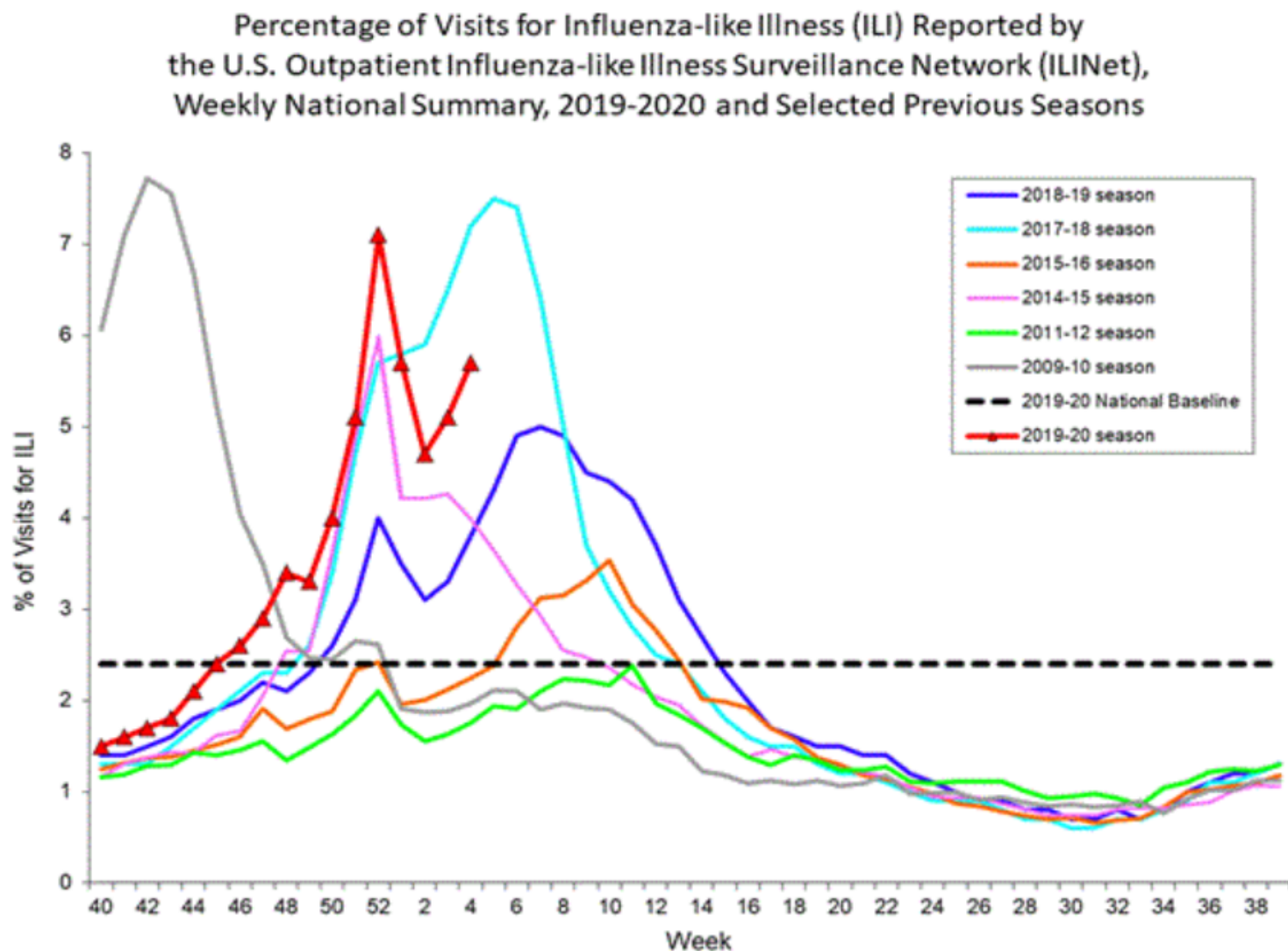


Influenza Positive Tests, National Public Health Laboratories

**Influenza Positive Tests Reported to CDC by U.S. Public Health Laboratories,
National Summary, 2019-2020 Season**



National Percentage of Visits for Influenza-Like Illness





WASHINGTON STATE FLU SURVEILLANCE, 2019-2020 SEASON

Influenza Report

- Released monthly in summer
- Released weekly October to May
- Many local health jurisdictions also produce reports

<http://www.doh.wa.gov/DataandStatisticalReports/DiseasesandChronicConditions/CommunicableDiseaseSurveillanceData/InfluenzaSurveillanceData>

What is Reportable in WA

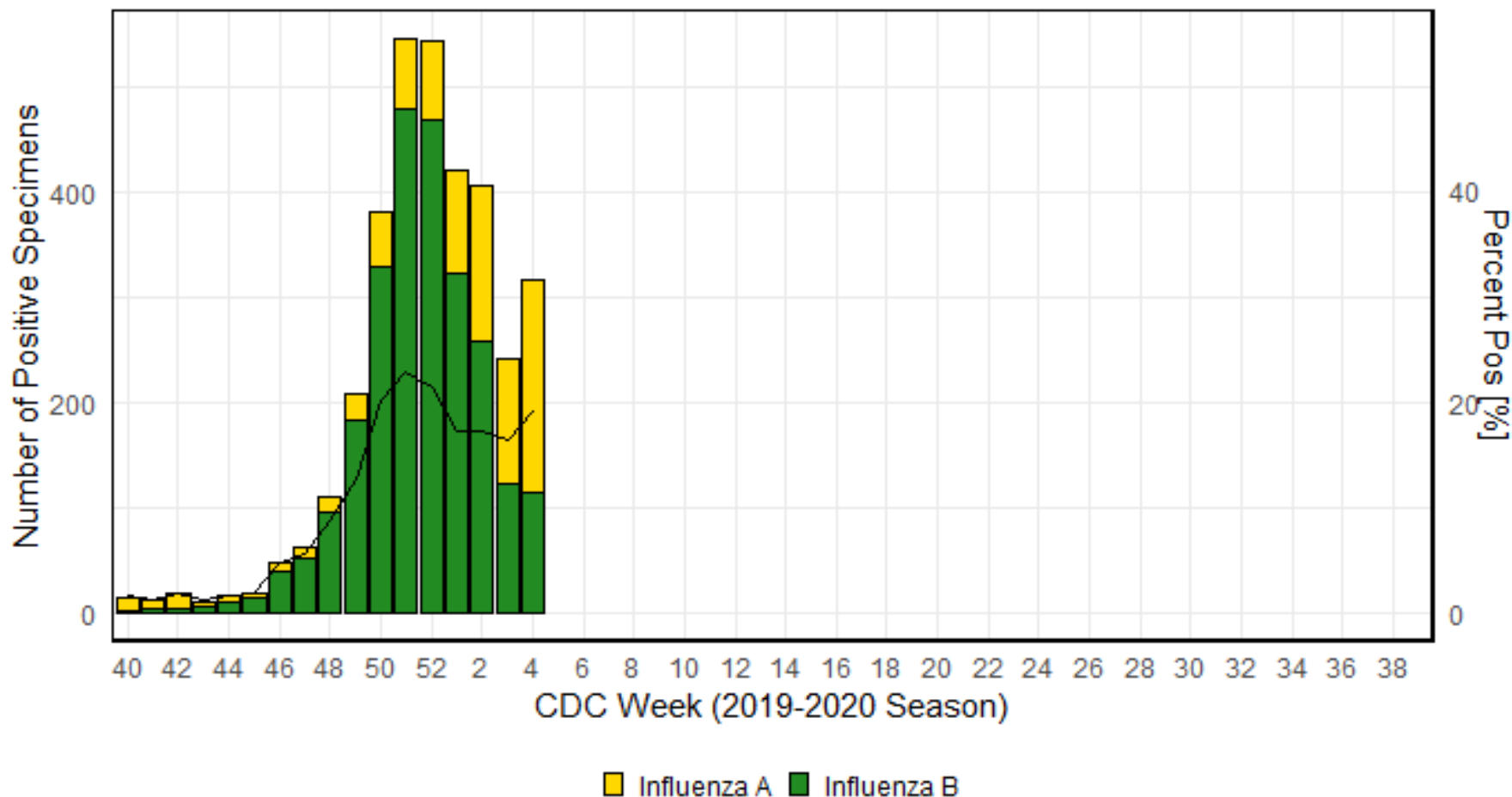
- Lab-confirmed influenza deaths
- Outbreaks of influenza-like illness in long term care facilities
- Suspected novel influenza cases

What is Reportable in WA

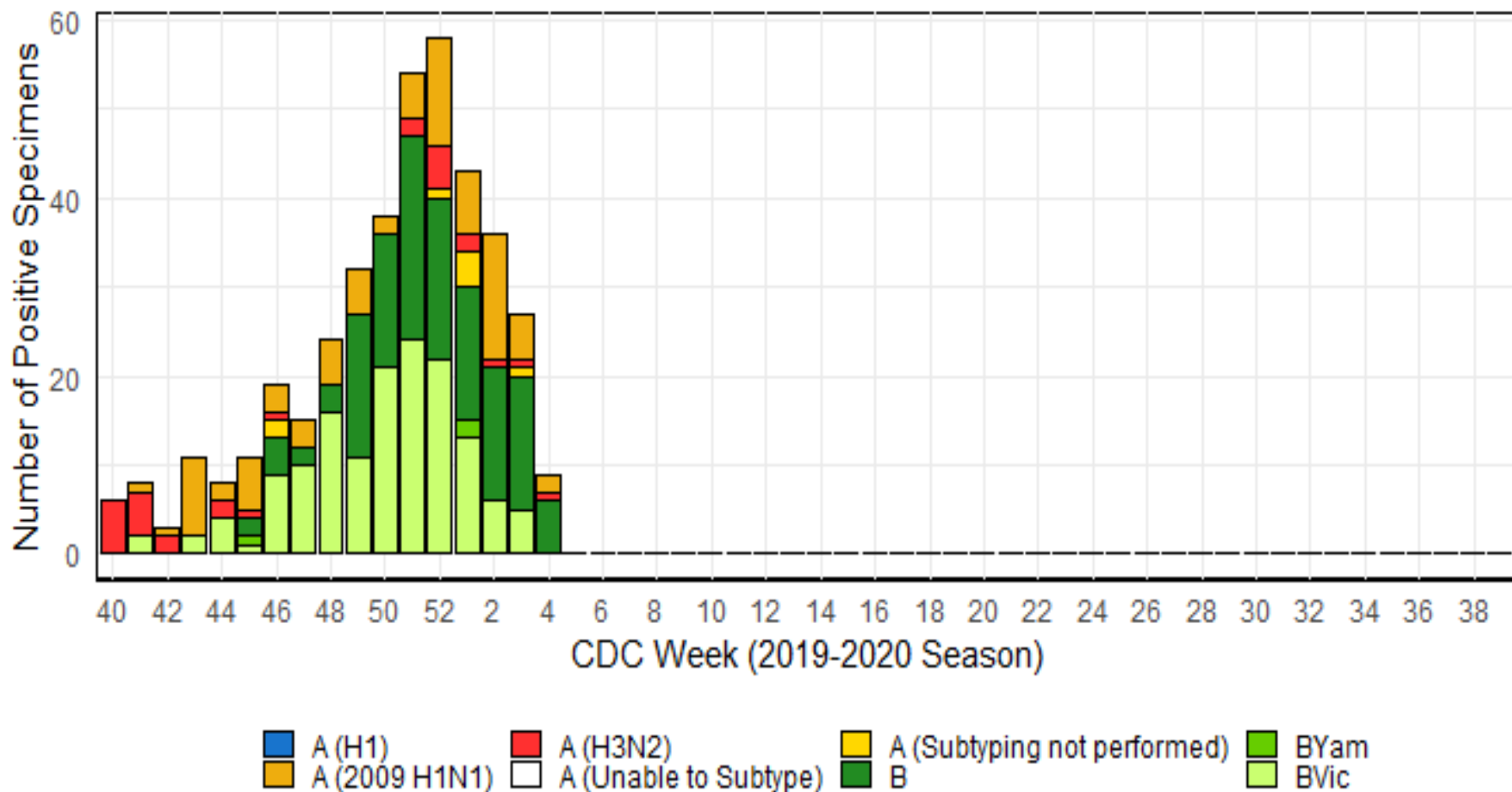
- Lab-confirmed influenza deaths
- Outbreaks of influenza-like illness in long term care facilities
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Rely heavily on voluntary reporting to understand flu activity

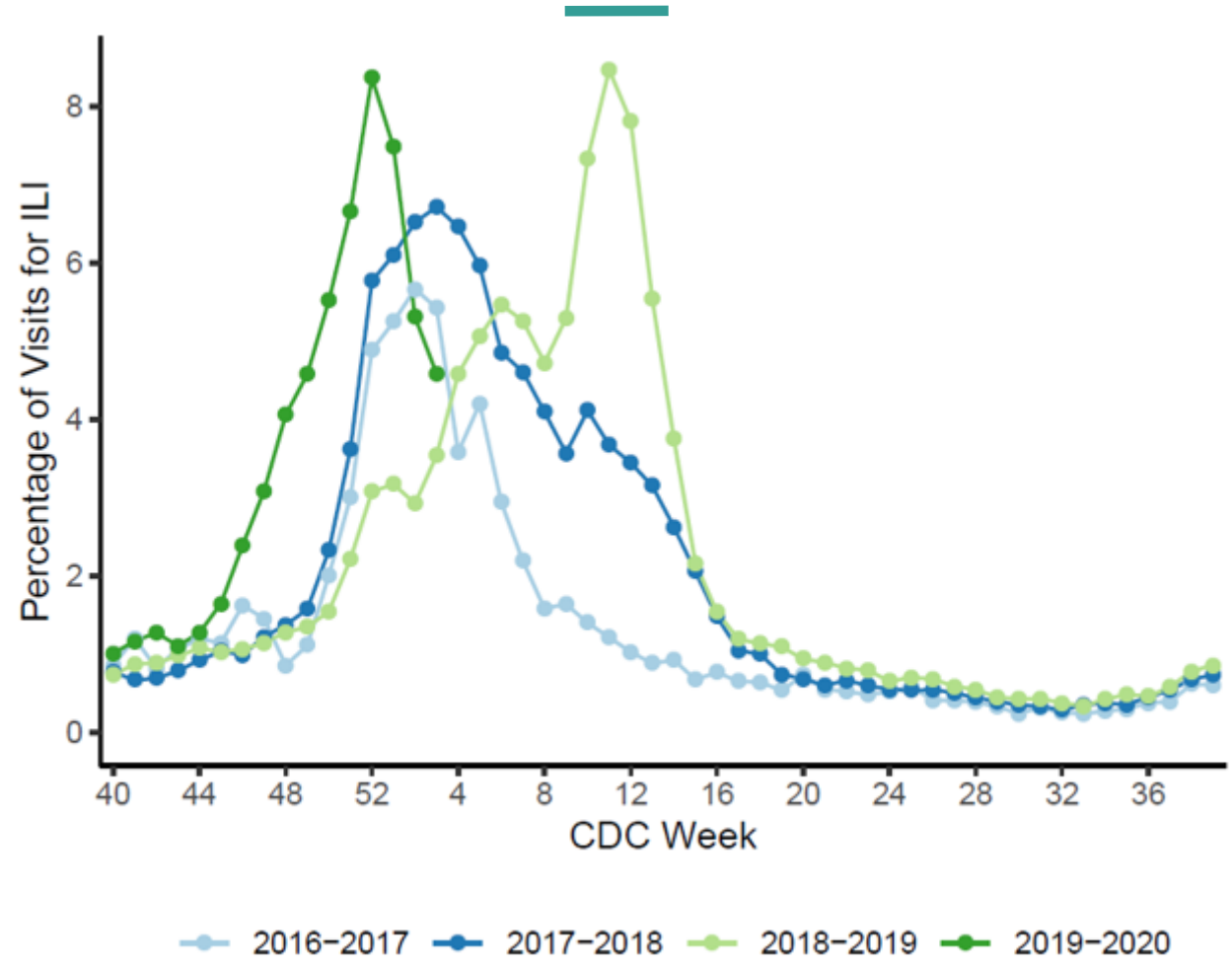
Influenza Positive Tests Reported to CDC, WA Commercial Laboratories



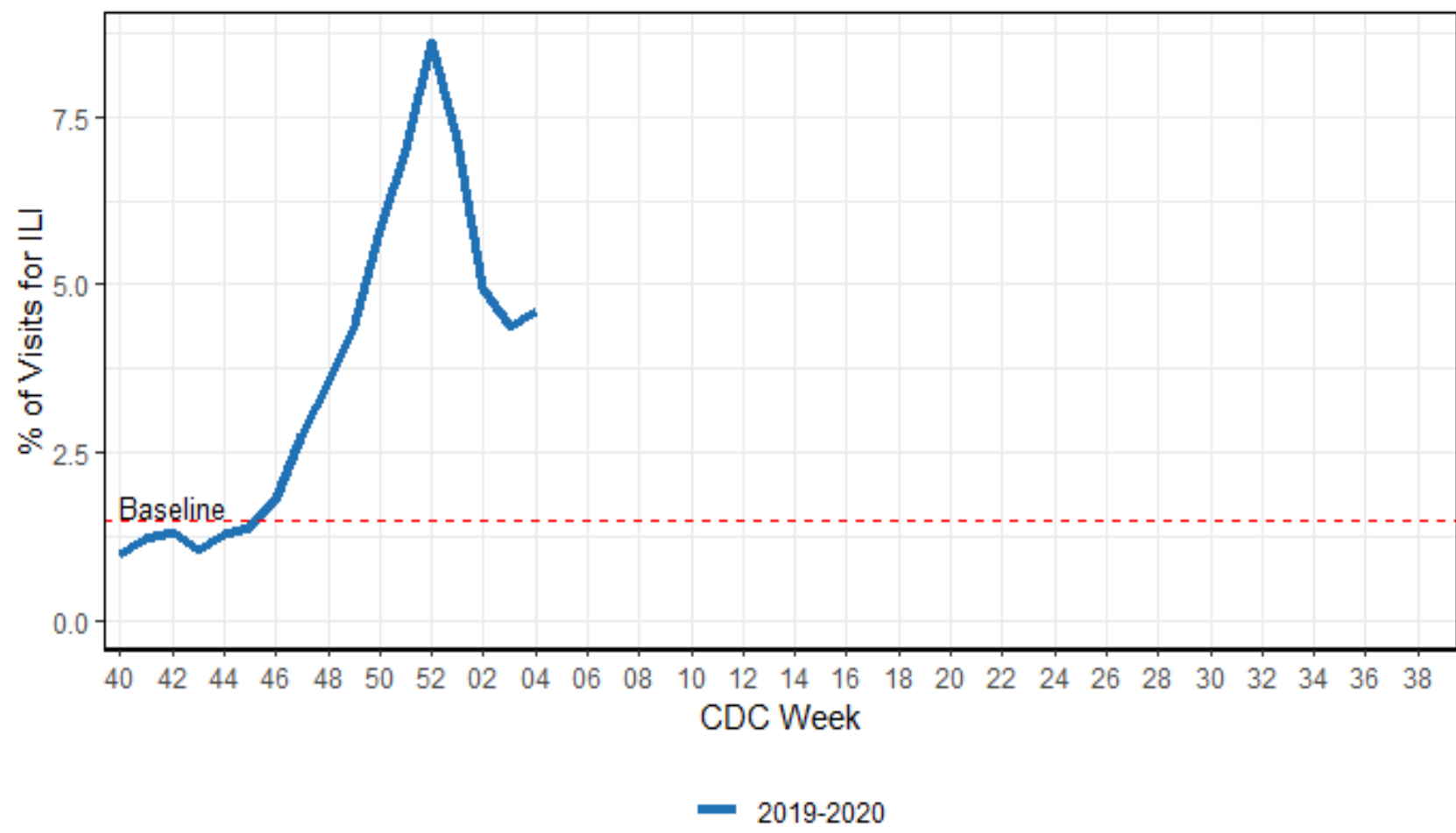
Influenza Positive Tests Reported to CDC, WA Public Health Laboratories



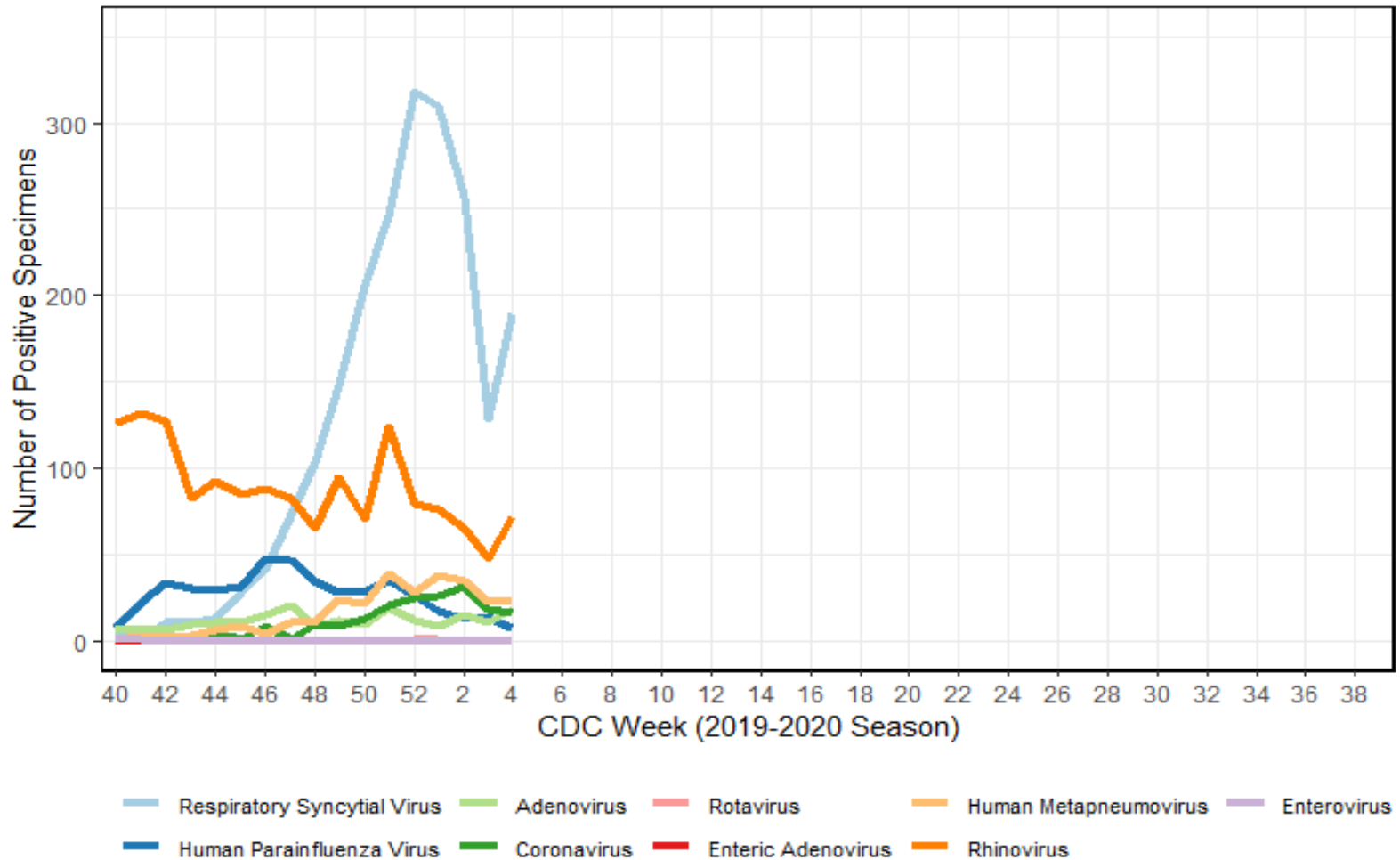
Syndromic Surveillance, Percentage of Hospital Visits for a Chief Complaint of ILI or Discharge Diagnosis of Influenza, by CDC Week, Washington, 2016-2020



Percentage of ILI Visits Reported by Sentinel Providers, Washington, 2019-2020



Respiratory and Enteric Viruses, Washington, 2019-2020



Reported Lab-Confirmed Influenza Deaths Washington, 2019-2020

Age Group (in years)	Number of Deaths
0–17	5
18-29	3
30–49	3
50–64	17
65+	24
Total	52



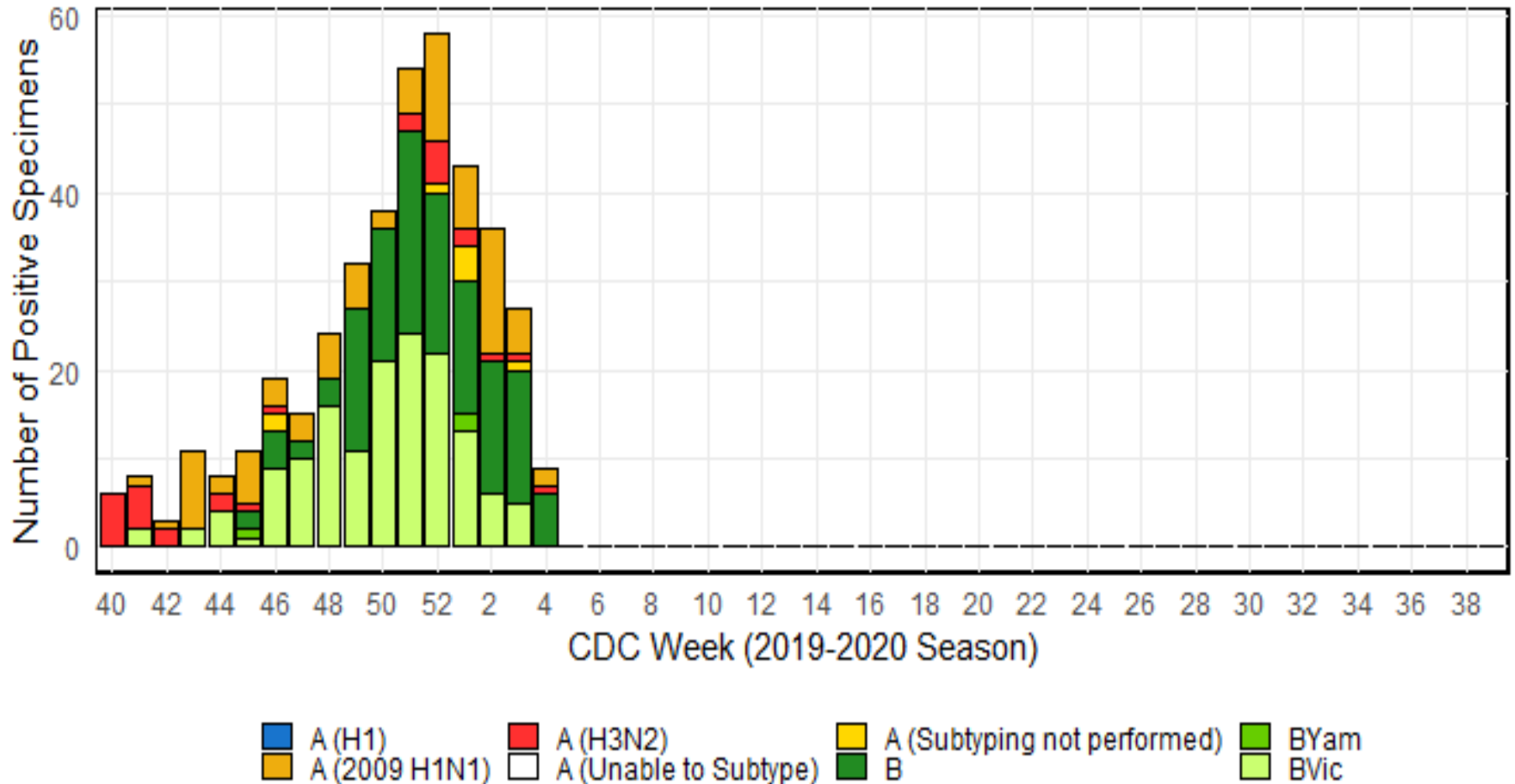
PAST FLU SEASONS

This Season vs Past

- We do see significant influenza B this season, but in some past seasons we did as well
- Each season is different
- CDC has indicated that in seasons predominated by influenza B, we may see more illness in pediatric populations

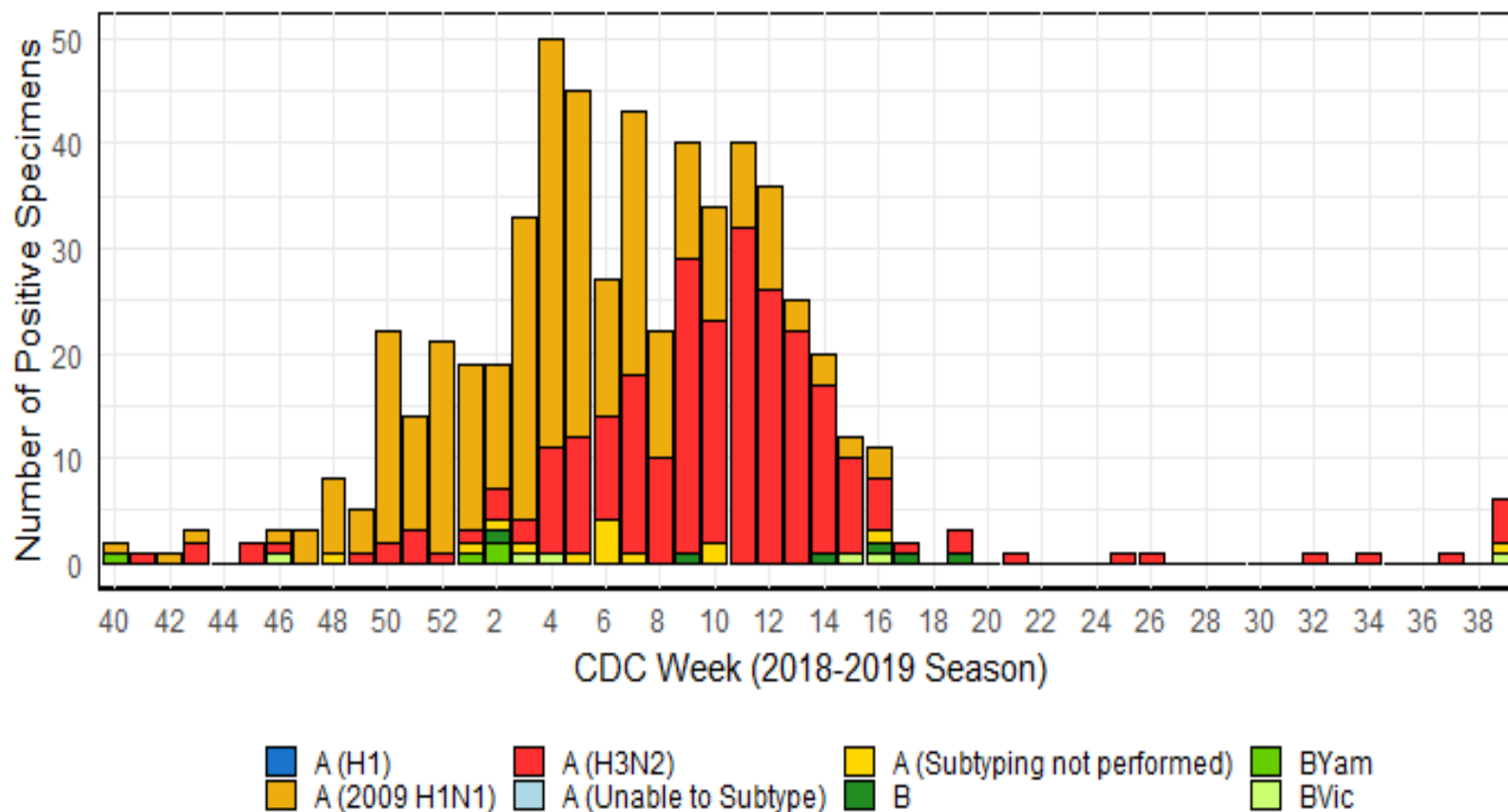
Influenza Laboratory Data (WHO/NREVSS), WA

2019-2020 Season



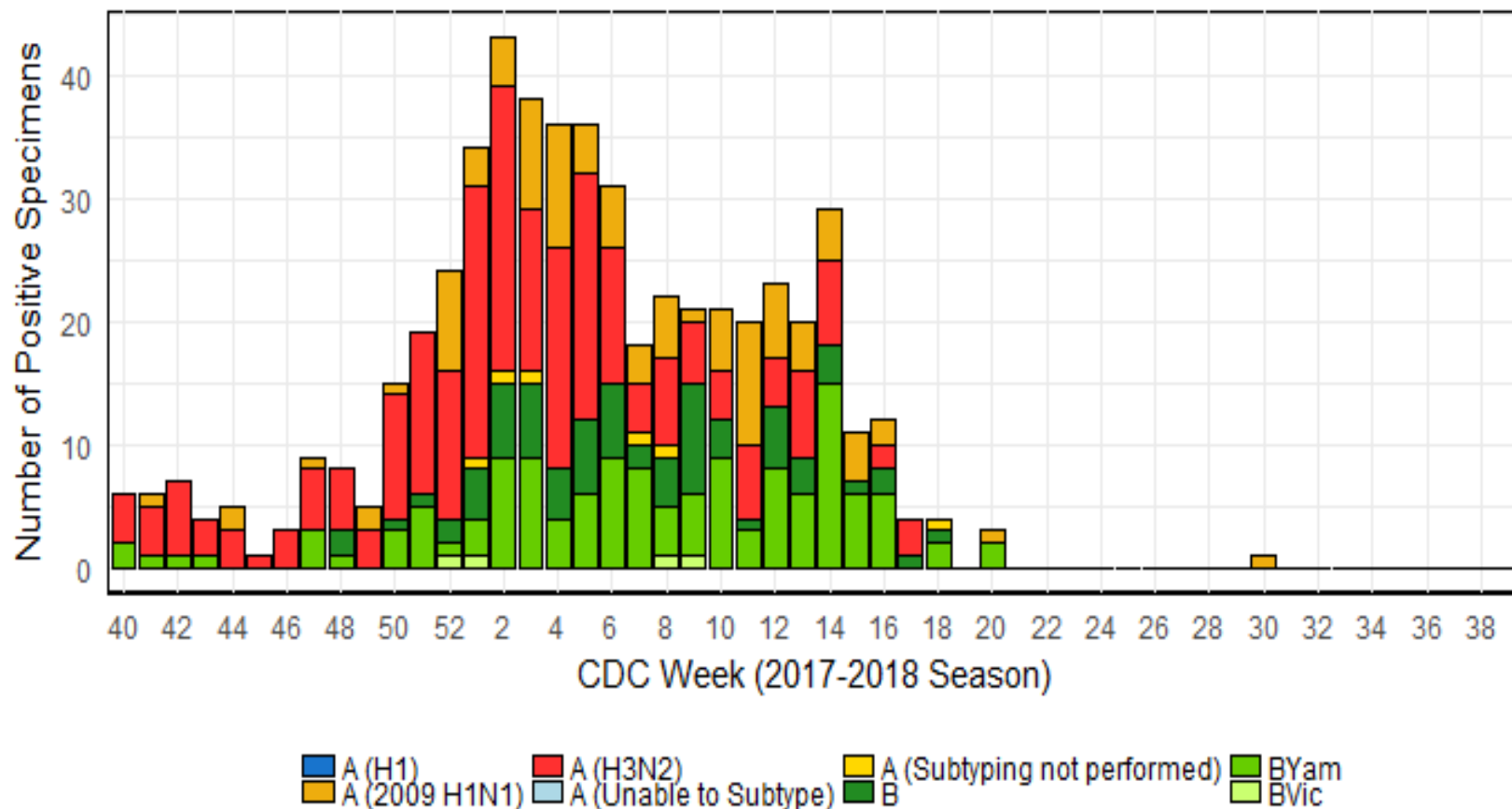
Influenza Laboratory Data (WHO/NREVSS), WA

2018-2019 Season



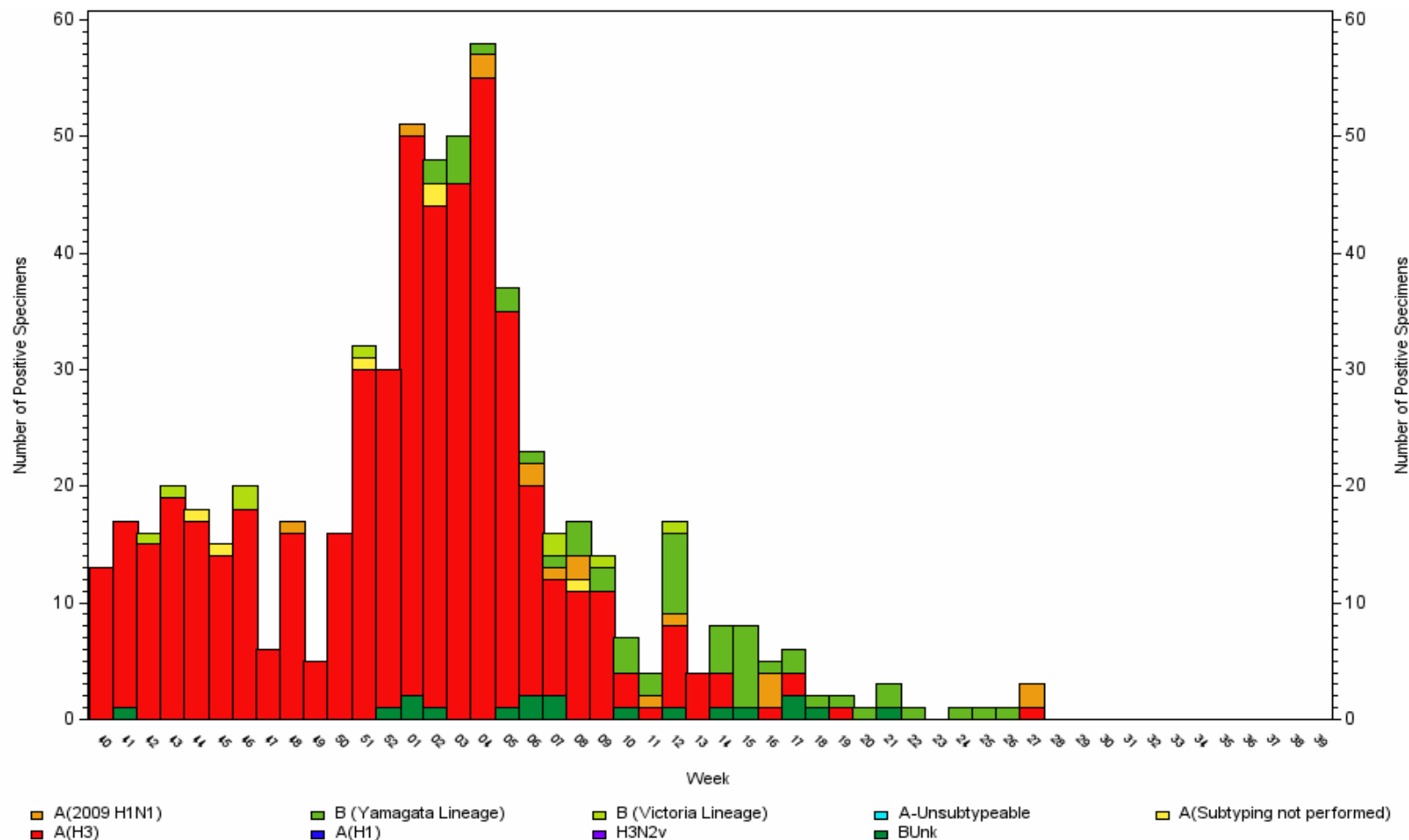
Influenza Laboratory Data (WHO/NREVSS), WA

2017-2018 Season



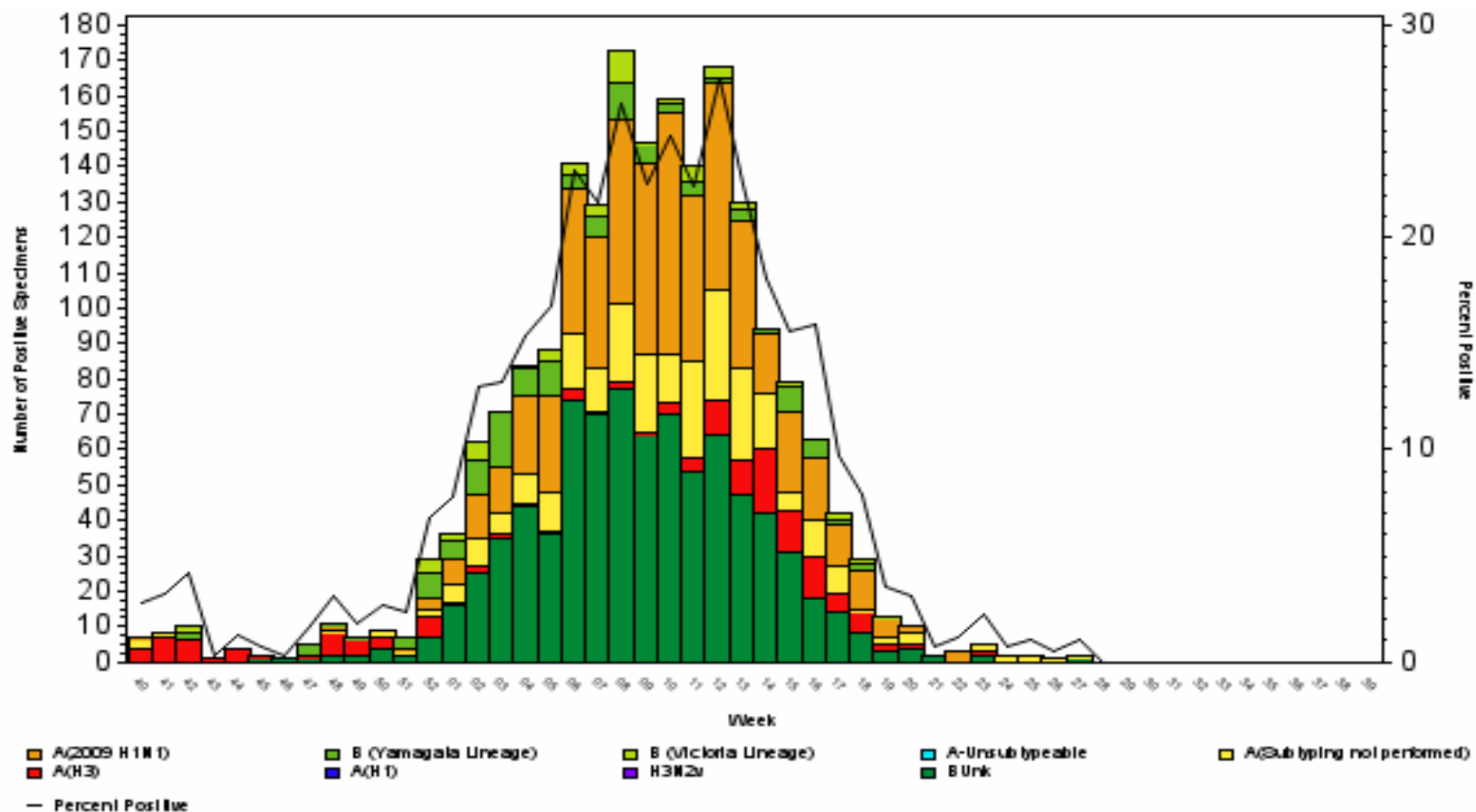
Influenza Laboratory Data (WHO/NREVSS), WA

2016-2017 Season



Influenza Laboratory Data (WHO/NREVSS), WA

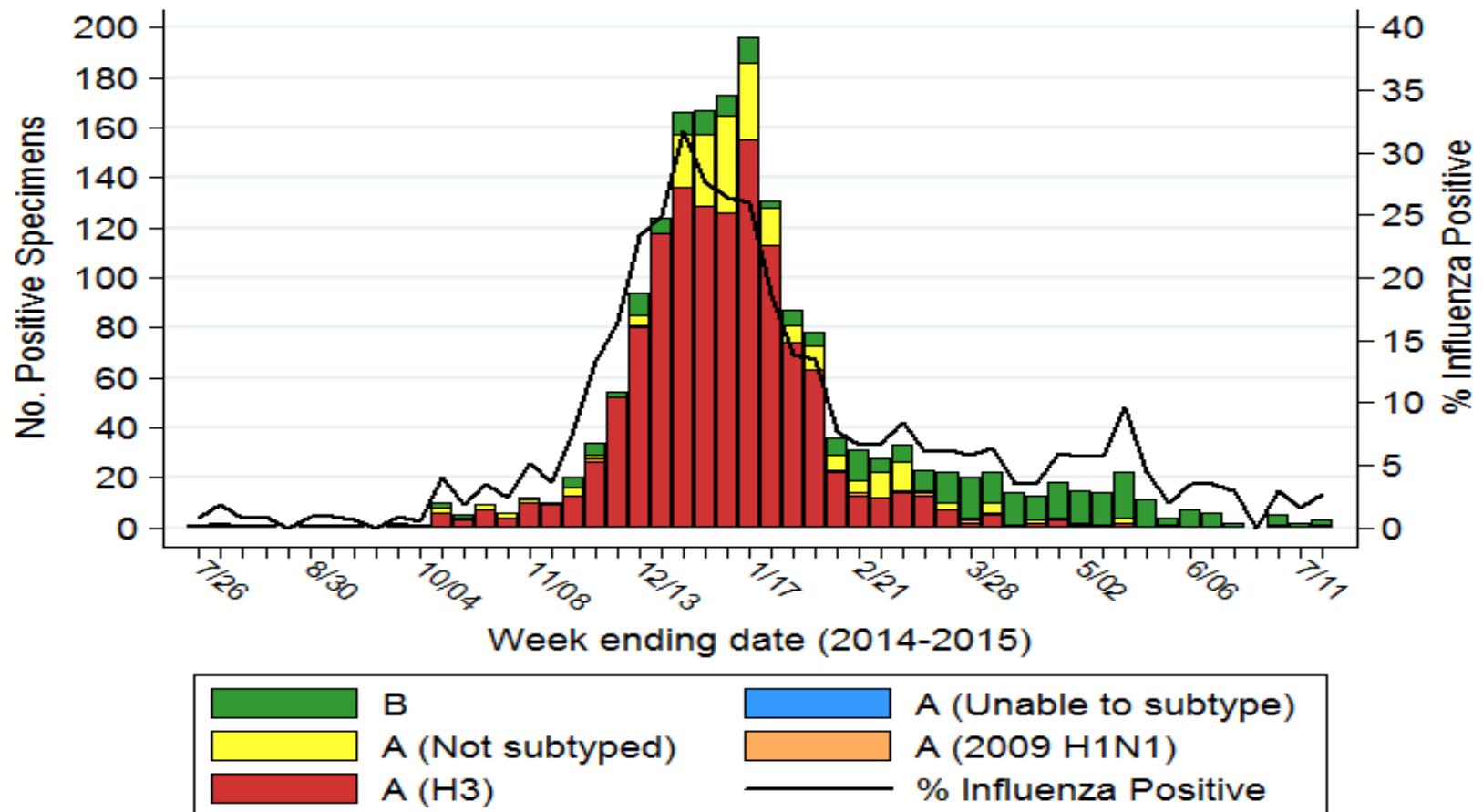
2015-2016 Season



Updated 07/29/2016

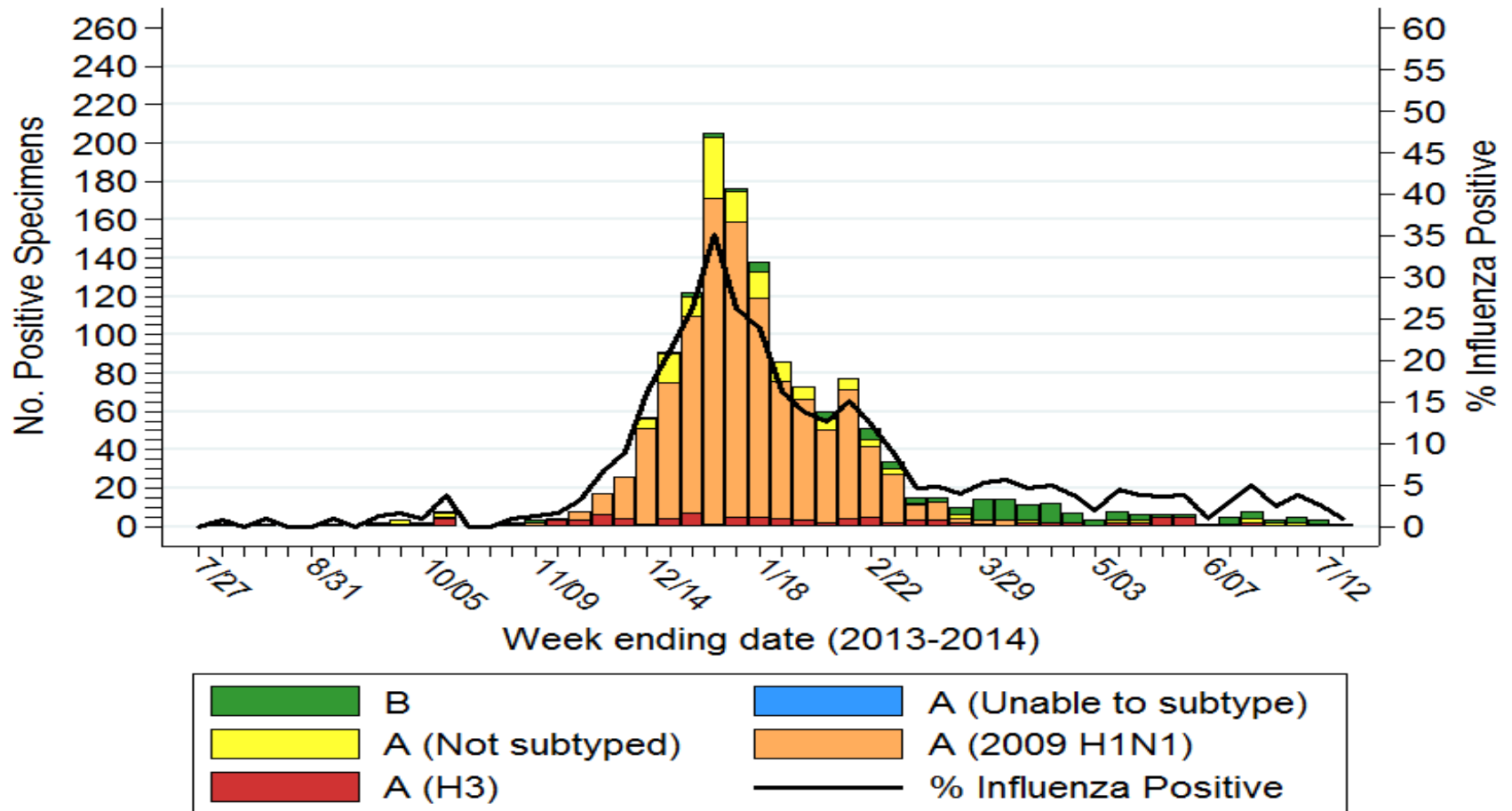
Influenza Laboratory Data (WHO/NREVSS), WA

2014-2015 Season



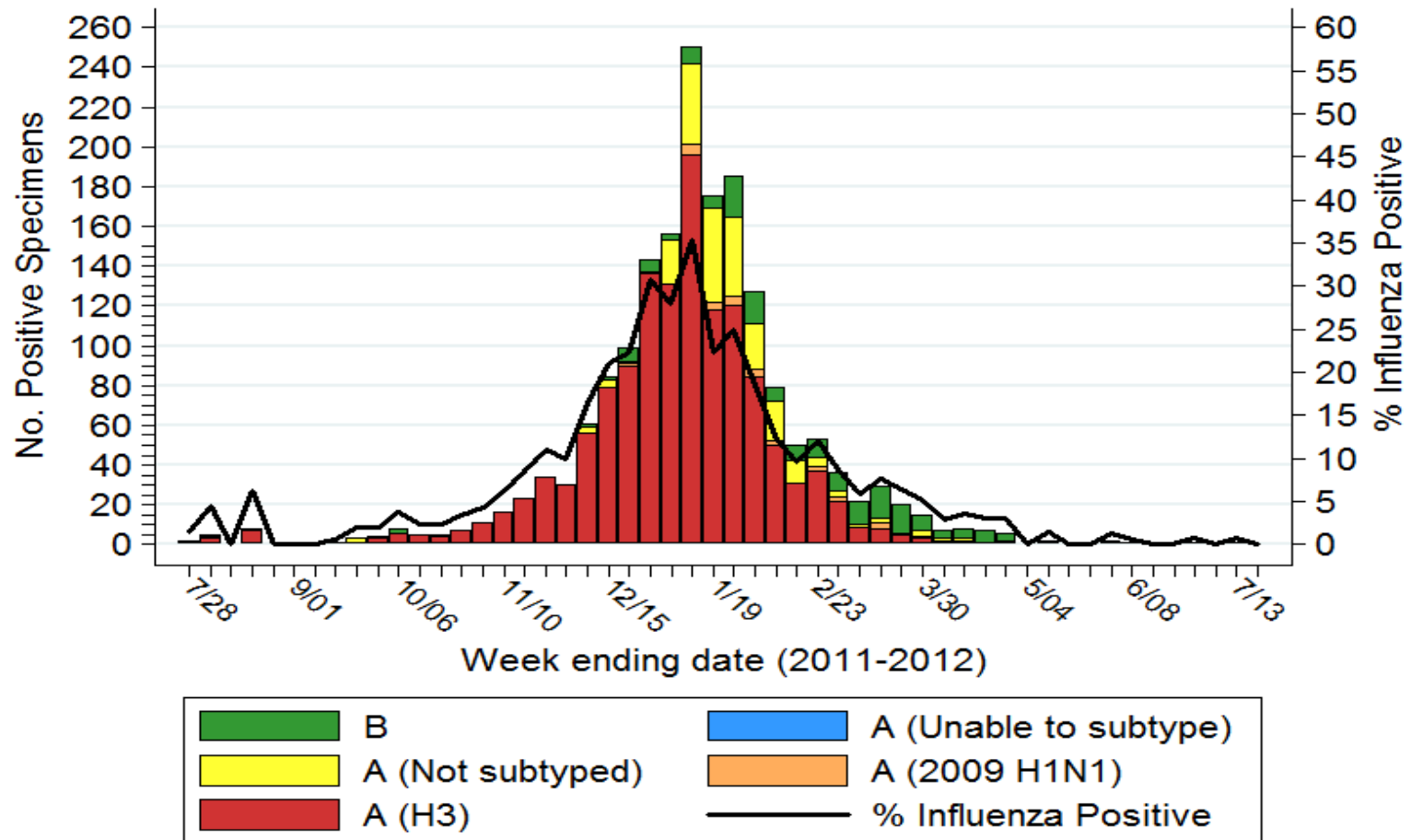
Influenza Laboratory Data (WHO/NREVSS), WA

2013-2014 Season



Influenza Laboratory Data (WHO/NREVSS), WA

2012-2013 Season





PREVENTION STRATEGIES

Influenza Health Promotion Channels



Social Media

- Facebook
- Twitter
- Instagram
- LinkedIn

Original content

Videos

Personal stories



Newsletters

Monthly Immunization
Roundup email
distribution

Training opportunities
(CE)

Webinars

Notable vaccine studies
and developments



Toolkits/Education

Worksite vaccination
toolkit for employers

Provider to parent
hesitancy discussion guide

Webinars for HCP

New parent vaccination
toolkit

Conference presentations



Print Material

#KnockOutFlu posters
and flyers

Pregnant women need
flu vaccine posters

Child Profile influenza
brochures (direct mail to
homes)



Web

Peer-reviewed and
reputable content

Access to partner
organizations

News releases



Partnerships

Reciprocal engagement
in conferences, training
opportunities, web
content, news releases
and media engagements

More at: www.KnockOutFlu.org

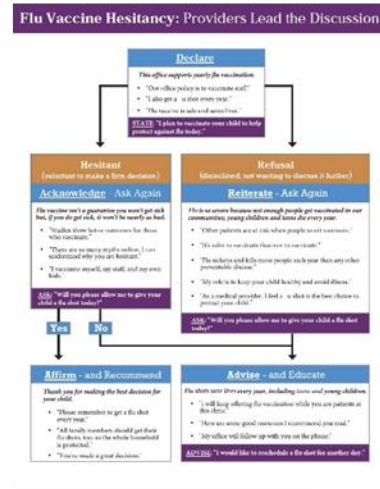
2019-2020 Influenza Promotion Highlights



Knock Out Flu at Work: Employer Flu Shot Clinic Toolkit

Audience: Employers

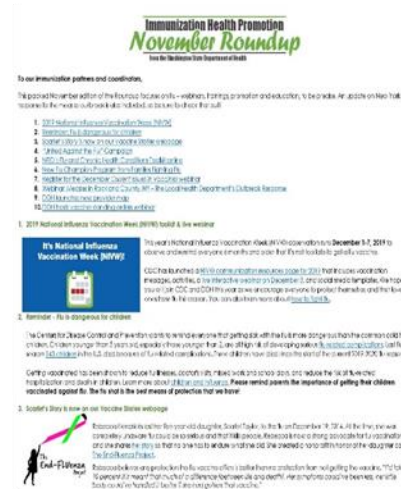
Commercial vaccinator contacts
Printable materials
Step-by-step checklist
Partner resources



Flu Vaccine Hesitancy: Providers Lead the Discussion

Audience: Providers

Visual communication flowchart
Quick reference guide
Evidence-based approach



Immunization Health Promotion Monthly Roundup

Audience: LHJs

Monthly opportunities for social media promotion, trainings, webinars and education
Coordinated campaign invitations with local health



Protect Your Family from the Flu (physical mail delivery)

Audience: Parents

Distributed through the WA Child Profile system
Flu education for families
Trusted partner contacts included

Flu Outreach to Long-Term Care



Insert Local Health Jurisdiction Logo

QUICK GUIDE FOR LONG TERM CARE FACILITIES—INFLUENZA OUTBREAKS

INFLUENZA VACCINATION

Vaccinations can decrease likelihood of an outbreak, and in the event of an outbreak, can decrease hospitalizations and deaths among residents. The Centers for Disease Control and Prevention (CDC) recommends annual influenza vaccination for everyone 6 months and older, especially for residents and staff of long term care facilities.

- Vaccinate newly admitted residents and newly hired staff throughout the flu season.
- Keep a record of vaccination status of residents and staff.

DIAGNOSIS

Common symptoms of influenza include: fever, fatigue, headache, cough, sore throat, runny or stuffy nose, chills, and muscle aches.

Elderly patients may experience more subtle symptoms, including anorexia, mental status changes, pneumonia, low-grade or no fever, worsening of chronic respiratory conditions or congestive heart failure.

Familiarize yourself with signs and symptoms of influenza-like illness in the elderly.

Even if influenza activity is low in the community, influenza testing should occur when any resident has signs and symptoms that could be due to influenza, and especially when two residents or more develop respiratory illness within 72 hours of each other.

TREATMENT vs. PROPHYLAXIS

Antiviral Treatment: Give antiviral medication to all residents and staff with **confirmed or suspected** influenza-like illness. Antiviral treatment can shorten the duration of fever, illness symptoms, and hospitalizations, and may reduce the risk of complications such as pneumonia and respiratory failure or death.

AT A GLANCE

Incubation period:	1-4 days (avg. 2)
Period of communicability:	1 day before symptoms start up to 10 days after symptom onset
Report to Public Health	Within 1 day of one lab-confirmed case of influenza or ≥ 2 cases of influenza like illness
Oseltamivir:	Treatment: 75 mg twice daily for 5 days Prophylaxis: 75 mg once daily for a minimum of 2 weeks, continuing for at least 7 days after identification of last known case
Lab testing:	Rapid influenza diagnostic test; * Viral cell culture; RT-PCR *negative test does not rule out influenza
Further information including CDC	https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/Immunization/InfluenzaFluInformation

<https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/Immunization/InfluenzaFluInformation>



QUESTIONS

Office of Communicable Disease Epidemiology
Washington State Department of Health



For persons with disabilities, this document is available in other formats.
Please call 711 Washington Relay Service or email civil.rights@doh.wa.gov.