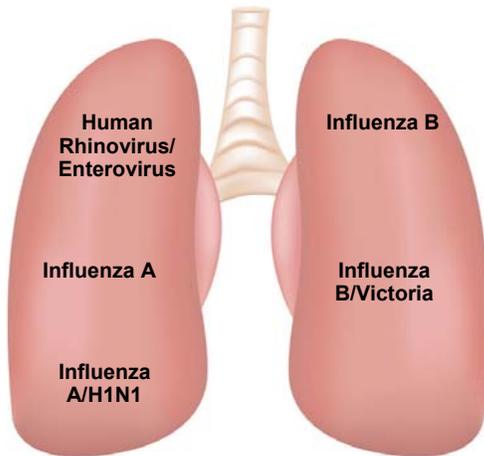




Alabama's Weekly Influenza Report

SEASON: 2019-2020 | WEEK: 07 (FEBRUARY 9 - FEBRUARY 15) | YEAR: 2020

KEY MESSAGES FROM THE ALABAMA DEPARTMENT OF PUBLIC HEALTH THROUGH FEBRUARY 15



Five respiratory viruses are known to be currently circulating throughout Alabama, with some evidence of influenza co-infection

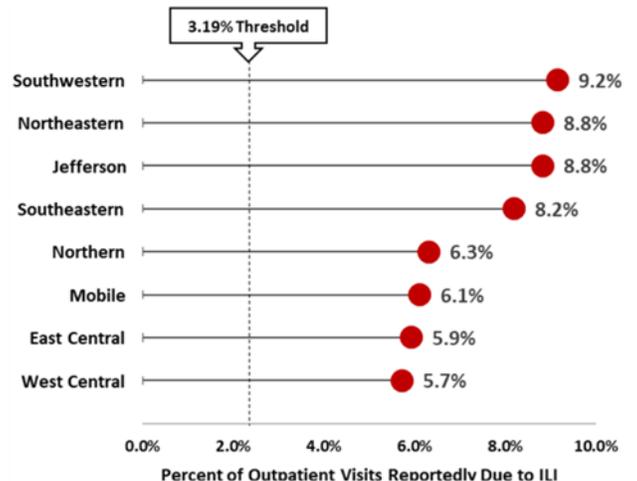
Takeaway Points

1. Statewide influenza-like illness (ILI) is **7.49%**, which represents a 20% decrease as compared to last week.
2. CDC estimates that so far this season there have been at least 26 million flu illnesses, 250,000 hospitalizations, and 14,000 deaths from flu in the United States.
3. If sick, stay at home until fever-free for at least 24 hours without the use of fever-reducing medications (e.g., Tylenol, Motrin, etc.) and wash your hands frequently with soap and water.
4. Flu vaccine effectiveness estimates will be available next week, but vaccination is always the best way to prevent flu.



Significant influenza activity has been detected in **seven districts** in Alabama

- Districts with significant influenza activity detected
- Districts with lab-confirmed case(s) within last 3 weeks
- Districts with no significant influenza activity reported



Five non-pediatric and **no** pediatric deaths have been reported this season



Statewide ILI is **above** the threshold of concern



Twenty-four influenza or ILI outbreak(s) were reported during the week ending February 15

Notes:
 * Information on outpatient visits to healthcare providers for ILI is collected through the U.S. Outpatient ILI Surveillance Network (ILINet). In Alabama, data are submitted using one of two methods: manual data entry by providers (ILINet) or electronic transmission by hospitals of syndromic surveillance data (ESSENCE).
 ** Geographic spread is determined based on district (not county) activity levels and virologic surveillance.

KEY MESSAGES FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)



Key indicators that track flu activity remain high and, after falling during the first two weeks of the year, increased over the last four weeks (6.8% ILI).



Nationally, influenza B/Victoria viruses have been reported more frequently than other influenza viruses this season. However, during recent weeks, influenza A(H1N1)pdm09 viruses have been reported more frequently.



Influenza viruses change from year to year, so influenza vaccines must be updated annually to include the viruses that will most likely circulate in the upcoming season. As of February 7, an estimated 173.9 million doses of seasonal influenza vaccine have been distributed across the U.S.

Source: <https://www.cdc.gov/flu/weekly/index.htm>

NEWS FROM THE BUREAU OF CLINICAL LABORATORIES (BCL)

Over the last few weeks, the BCL has received some specimens for viral respiratory testing which were considered unsatisfactory for testing. For those **healthcare providers** submitting specimens to the BCL, make sure you are using the most recent guidance for collecting these types of specimens.

- Website: <https://go.usa.gov/xd5fg>
- Additional Questions: 1-334-260-3429



WHAT ARE THE BENEFITS OF SEASONAL INFLUENZA VACCINATION?

There are many reasons to get an influenza (flu) vaccine each year. Below is a summary of the benefits of flu vaccination.

- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.
- Flu vaccination is an important preventive tool for people with chronic health conditions.
- Flu vaccination helps protect women during and after pregnancy.
- Flu vaccine can be life-saving in children.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

For more information, visit CDC's website: <https://www.cdc.gov/flu/prevent/keyfacts.htm>.

RESOURCES

- ADPH's Influenza Website: <http://www.alabamapublichealth.gov/influenza>
- ADPH's Seasonal Trend Graph: http://alabamapublichealth.gov/influenza/assets/ili_bclpositives.pdf
- CDC's Weekly U.S. Influenza Surveillance Report: <https://www.cdc.gov/flu/weekly>
- 2019 Novel Coronavirus (2019-nCoV) Website: <http://www.alabamapublichealth.gov/infectiousdiseases/2019-coronavirus.html>