



# Mid-Season Influenza Fact Sheet

## 2018-2019



Sacramento County Public Health uses various sources of data to monitor influenza activity in the County. Using these sources of data, this fact sheet provides preliminary surveillance data on influenza activity in Sacramento County for the 2018-2019 influenza season to include data from Week 40 to Week 4 (9/30/18 to 1/26/19).



Sacramento County –  
Department of Health  
Services – Division of  
Public Health –  
Epidemiology Unit

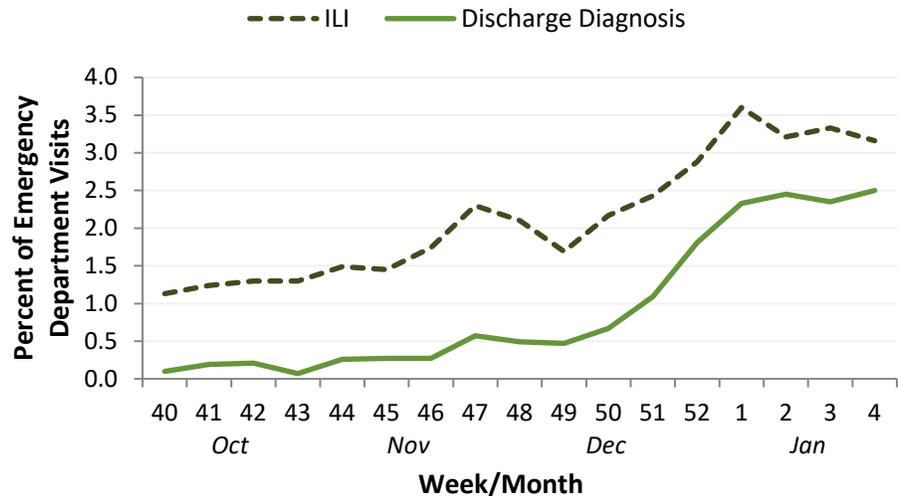
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### Hospital Emergency Department Syndromic Surveillance

Hospital emergency departments (EDs) in Sacramento County provide data to Public Health through the Centers for Disease Control and Prevention’s (CDC’s) [National Syndromic Surveillance Program](#). The percent of ED visits for influenza-like illness and with discharge diagnoses specific to influenza are shown in Figure 1. The percent of ED visits with discharge diagnoses for influenza increased four-fold between Week 49 and Week 4 (12/2/18 to 1/26/19).

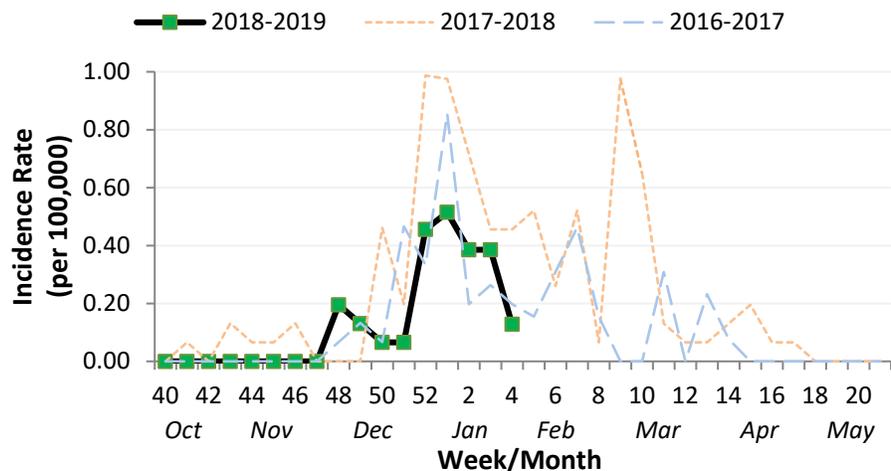
**Figure 1. Percent of Emergency Departments Visits for Influenza-like Illness (ILI) Compared to Discharge Diagnoses for Influenza, Sacramento County, 2018-2019 Influenza Season**



### Sacramento County Public Health

Sacramento County Public Health (SCPH) has confirmed 31 influenza-associated intensive care unit (ICU) admissions and five influenza-associated deaths among all ages as of Week 4 (ending 1/26/19). Overall, this is a 50.0% decrease in the total number of confirmed cases (ICU and deaths) compared to the same time period last season.\* The highest incidence (peak) of influenza this season was during Week 1 (ending 1/5/19) [Figure 2].

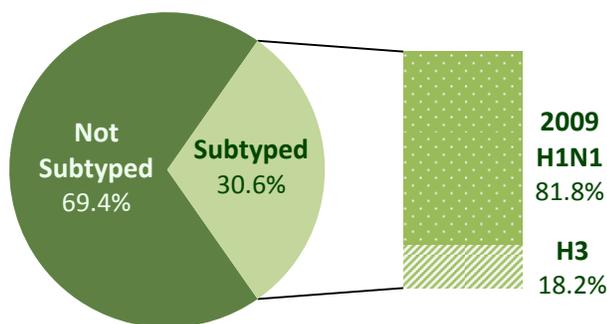
**Figure 2. Incidence of Influenza-Associated Intensive Care Unit Hospitalizations and Deaths, Sacramento County, 2016-2019**



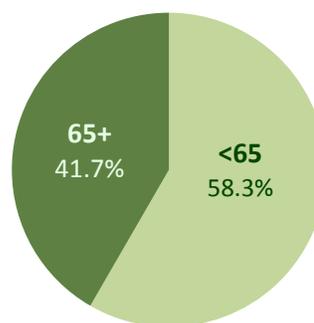
\*For the 2018-2019 season, influenza-associated ICU admissions and deaths of all ages are reportable in Sacramento County. Previously, only those less than 65 years old were reportable.

As of Week 4, all confirmed cases are influenza type A. Of the 11 (30.6%) that have been subtyped, 9 (81.8%) are 2009 H1N1 [Figure 3]. This is currently the predominant influenza strain state-wide<sup>1</sup> and among most areas of the country<sup>2</sup>. Persons younger than 65 years old account for a higher proportion (58.3%) of cases [Figure 4], which is consistent with influenza seasons in which 2009 H1N1 predominates<sup>3</sup>. However those 65 years and older still account for a higher percent of influenza-related deaths.

**Figure 3. Percent of Influenza-Associated Intensive Care Unit Hospitalizations and Deaths by Influenza A Subtype, Sacramento County, 2018-2019**



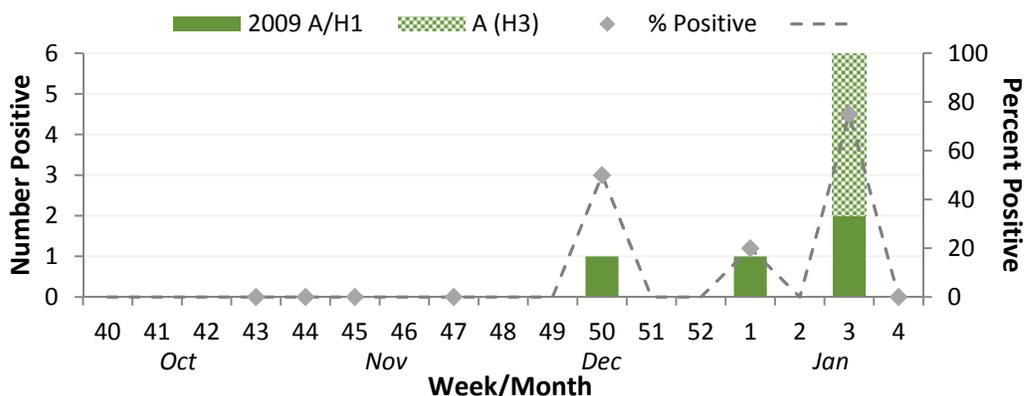
**Figure 4. Percent of Influenza-Associated Intensive Care Unit Hospitalizations and Deaths by Age Group, Sacramento County, 2018-2019**



### Sacramento County Public Health Laboratory

As of Week 4, eight specimens at the Sacramento County Public Health Laboratory tested positive for influenza, all of which have been positive for type A [Figure 5]. Of these, 50% are subtype 2009 H1N1 and 50% are subtype H3. Testing has helped confirm an outbreak of influenza A(H3) at a long-term care facility.

**Figure 5. Number and Percent of Positive Influenza Detections by Type and Subtype at the Sacramento County Public Health Laboratory, 2018-2019**



### Vaccination

CDC recommends annual influenza vaccination for everyone six months of age and older, with rare exceptions.<sup>2</sup> Any of the following licensed, age-appropriate influenza vaccines are recommended for the 2018-2019 season: inactivated influenza vaccine [IIV], recombinant influenza vaccine [RIV], or live attenuated influenza vaccine [LAIV]. Both trivalent (three-component) and quadrivalent (four-component) influenza vaccines are available. For more information, contact SCPH’s Immunization Assistance Program at (916) 875-7468.

### Resources/References

<sup>1</sup> California Department of Public Health – Influenza (Flu): <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Influenza.aspx>  
<sup>2</sup> CDC – Influenza (Flu): <https://www.cdc.gov/flu/index.htm>