



DATE:	2/11/2014
TO:	Health Alert Network
FROM:	Michael Wolf, Secretary of Health
SUBJECT:	Update on the 2013-14 Influenza Season
DISTRIBUTION:	Statewide
LOCATION:	Statewide
STREET ADDRESS:	Statewide
COUNTY:	Statewide
MUNICIPALITY:	Statewide
ZIP CODE:	Statewide

This transmission is a “Health Update,” provides updated information regarding an incident or situation; no immediate action necessary.

HOSPITALS: PLEASE SHARE WITH ALL MEDICAL, PEDIATRIC, INFECTION CONTROL, NURSING, AND LABORATORY STAFF IN YOUR HOSPITAL

EMS COUNCILS: PLEASE DISTRIBUTE AS APPROPRIATE

FQHCs: PLEASE DISTRIBUTE AS APPROPRIATE

LOCAL HEALTH JURISDICTIONS: PLEASE DISTRIBUTE AS APPROPRIATE

PROFESSIONAL ORGANIZATIONS: PLEASE DISTRIBUTE TO YOUR MEMBERSHIP

The Pennsylvania Department of Health (PA DOH) is providing the following update to healthcare providers on the 2013-2014 influenza season. This updates information provided in the 12/26/2013 Health Advisory http://www.portal.state.pa.us/portal/server.pt/community/health_alert_network/14217.

CDC and PADOH continue to receive reports of severe respiratory illness among young and middle-aged adults, many of whom were infected with influenza A (H1N1) pdm09 (pH1N1) virus. The pH1N1 virus that emerged in 2009 caused more illness in children and young adults, compared to older adults, although severe illness was seen in all age groups. To date, multiple pH1N1-associated hospitalizations, including many requiring intensive care unit (ICU) admission, and some fatalities have been reported. **Thus far, the circulating strains of influenza match those in this season’s vaccines.** The pH1N1 has been the predominant circulating virus, thus **illness that disproportionately affects young and middle-aged adults has continued to occur and is expected to continue.**

Circulating Virus Characterization

As of Feb. 1, CDC has antigenically characterized 1,044 influenza viruses [920 2009 H1N1 viruses, 86 influenza A (H3N2) viruses, and 38 influenza B viruses] collected by U.S. laboratories since October 1, 2013 by hemagglutination inhibition (HI). Details of these characterizations are as follows:

2009 H1N1 [920]:

- 919 (99.9%) of 920 2009 H1N1 viruses tested were characterized as A/California/7/2009-like, the influenza A (H1N1) component of the 2013-2014 Northern Hemisphere influenza vaccine. One (0.1%) virus showed reduced titers with antiserum produced against A/California/7/2009.

Influenza A (H3N2) [86]:

- All 86 influenza A (H3N2) viruses tested have been characterized as A/Texas/50/2012-like, the influenza A (H3N2) component of the 2013-2014 Northern Hemisphere influenza vaccine.

Influenza B [38]:

- 21 (55%) of the 38 influenza B viruses tested belong to B/Yamagata/16/88-lineage and the remaining 17 (45%) influenza B viruses tested belong to B/Victoria/02/87 lineage.
 - Yamagata Lineage [21]: 21 influenza B/Yamagata-lineage viruses were characterized as B/Massachusetts/2/2012-like, which is included as an influenza B component of the 2013-2014 Northern Hemisphere trivalent and quadrivalent influenza vaccines.
 - Victoria Lineage [17]: 17 influenza B/Victoria-lineage viruses were characterized as B/Brisbane/60/2008-like, which is included as an influenza B component of the 2013-2014 Northern Hemisphere quadrivalent influenza vaccine.

In Pennsylvania, 95.65% of influenza specimens submitted to the PA DOH Bureau of Laboratories have been typed as the 2009 H1 N1 strain.

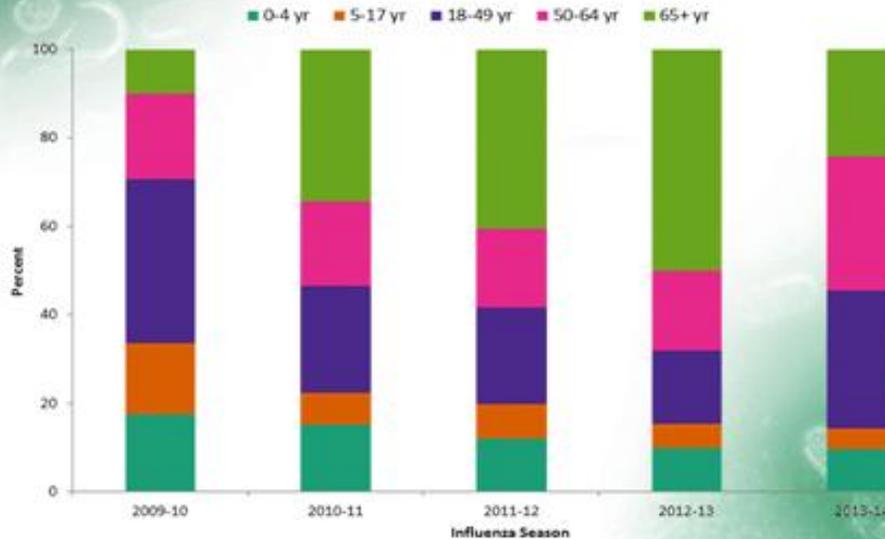
Influenza Severity and Outcomes:

For the 2013-2014 season, the spectrum of illness observed has ranged from mild to severe, and is consistent with that of other influenza seasons. While CDC has not detected any significant changes in pH1N1 viruses that would suggest increased virulence or transmissibility, the agency is continuing to monitor for antigenic and genetic changes in circulating viruses. CDC is also watching morbidity and mortality surveillance systems that might indicate increased severity from pH1N1 virus infection. In addition, CDC is actively collaborating with state and local health departments in investigation and control efforts.

Between October 1, 2013 and February 1, 2014, 6,081 laboratory-confirmed influenza-associated hospitalizations were reported to CDC. This is a rate of 22.5 per 100,000 population. The highest rate of hospitalization remains among adults aged ≥ 65 years, followed by those within the 50-64 years and 0-4 years age groups. Those aged 18-64 years accounted for over 60% of reported hospitalized cases. Among all hospitalizations, 5,795 (95.3%) were associated with influenza A, 218 (3.6%) with influenza B, 19 (0.3%) with influenza A and B co-infection, and 49 (0.8%) had no virus type information. Among those with influenza A subtype information, 32 (1.3%) were H3 and 2,456 (98.7%) were 2009 H1N1.

Laboratory-Confirmed Influenza Hospitalizations by Age Group

Preliminary data as of Feb 1, 2014



In Pennsylvania, the pattern is similar. Of the laboratory confirmed deaths due to influenza, the majority have been in persons under the age of 65:

Influenza-related Deaths Reported in Pennsylvania by Age Group (n=54) as of February 8, 2014

Age Group	# of Deaths
0-4	0
5-9	1
10-18	0
19-24	3
25-49	12
50-64	21
>65	17
Total	54

Vaccination and Treatment:

PA DOH and CDC recommend annual influenza vaccination for everyone 6 months and older. Anyone who has not yet been vaccinated this season should get an influenza vaccine now. While annual vaccination is the best tool for prevention of influenza and its complications, **treatment with antiviral drugs (oral oseltamivir and inhaled zanamivir) is an important second line of defense for those who become ill to reduce morbidity and mortality. Antiviral treatment is recommended as early as possible for any patient with confirmed or suspected influenza who is hospitalized; has severe, complicated, or progressive illness; or is at higher risk for influenza complications.**

For more information:

- Summary of Weekly U.S. Influenza Surveillance Report (<http://www.cdc.gov/flu/weekly/summary.htm>)

- People at High Risk of Developing Flu–Related Complications (http://www.cdc.gov/flu/about/disease/high_risk.htm)
- Clinical Signs and Symptoms of Influenza (<http://www.cdc.gov/flu/professionals/acip/clinical.htm>)
- ACIP Recommendations for the Prevention and Control of Influenza with Vaccines, United States, 2013-14: Summary for Clinicians (<http://www.cdc.gov/flu/professionals/acip/2013-summary-recommendations.htm>)
- Influenza Antiviral Medications: Summary for Clinicians (<http://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm>)
- Guidance for Clinicians on the Use of Rapid Influenza Diagnostic Tests (http://www.cdc.gov/flu/professionals/diagnosis/clinician_guidance_ridt.htm)
- Prevention Strategies for Seasonal Influenza in Healthcare Settings (<http://www.cdc.gov/flu/professionals/infectioncontrol/healthcaresettings.htm>)
- Guidance for the Prevention and Control of Influenza in the Peri- and Postpartum Settings (<http://www.cdc.gov/flu/professionals/infectioncontrol/peri-post-settings.htm>)
- Interim Guidance for Influenza Outbreak Management in Long-Term Care Facilities (<http://www.cdc.gov/flu/professionals/infectioncontrol/ltc-facility-guidance.htm>)
- Patient Education: Influenza Brochures, Fact Sheets, and Posters (<http://www.cdc.gov/flu/freeresources/index.htm>)
- Webinar: Protecting Pregnant Women and Young Children from Flu, November 2013, Streaming via YouTube (<http://www2c.cdc.gov/podcasts/download.asp?af=h&f=8631310>)
- CDC COCA Conference Call, January 23, 2014: 2013-2014 Influenza Season: Updates and Recommendations for Clinicians (http://emergency.cdc.gov/coca/calls/2014/callinfo_012314.asp)

Categories of Health Alert messages:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; no immediate action necessary.

This information is current as of February 11, 2014 but may be modified in the future.