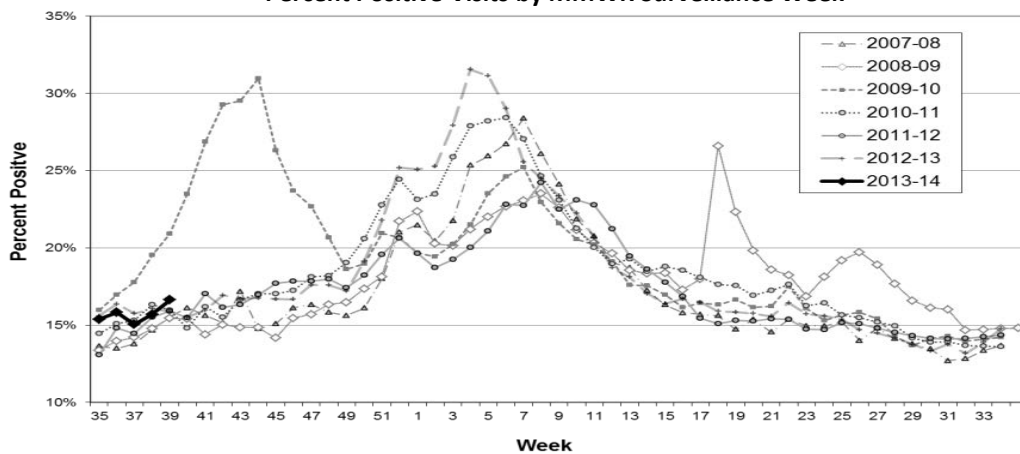


Early Signs of Flu in Los Angeles County

The Los Angeles County Department of Public Health received a report of the first hospitalized case of influenza in late July. Additional lab confirmed influenza cases of type A and B were sporadically reported during the months of August and September. In addition to positive influenza tests, multiple other respiratory viruses are circulating in our county; high levels of rhino/enterovirus have been detected as well as moderate parainfluenza activity and low levels of respiratory syncytial virus (RSV). Early signs of influenza reinforce recommendations to get vaccinated as soon as possible before widespread circulation of the virus takes hold. Getting vaccinated is the best protection against getting the flu as well as spreading it to others who may be at high risk for complications. Even if your immune system is strong enough to withstand the virus, you can inadvertently pass it to others who may not be able to fight off the disease.

Figure 1: Respiratory Illness ED Visits in LA County (2007-2014)
Percent Positive Visits by MMWR Surveillance Week



Highlights from the 2012-2013 Season

- Los Angeles County (LAC) had a moderately severe flu season with the highest influenza like illness (ILI) activity seen in the past 6 flu seasons (Figure 1 above).
- There were 69 confirmed influenza attributable deaths, 7 of those pediatric, which was a sharp increase compared to the prior two seasons
- The majority of fatal cases disproportionately affected the elderly and the top three comorbidities seen in LAC fatalities were hypertension, overweight or obesity, and heart disease

For a complete summary of last season go to

<http://publichealth.lacounty.gov/acd/FluSurveillance.htm>

It's Flu Vaccination Time!

The 2013-2014 flu vaccine is currently available and everyone 6 months or older is encouraged to get vaccinated as soon as possible since protection can take up to 2 weeks to develop. For information on where to get your flu vaccination contact your health care provider or visit:

<http://www.publichealth.lacounty.gov/ip/flu/flulocatormain.htm>

Say BOO to the FLU

Follow these simple steps to help prevent the flu this Halloween!



- Do the "Dracula," cough and sneeze into your sleeve.



- Make sure everyone in your family gets a flu vaccine before Halloween.

- If you're sick, don't hand out candy. Instead, leave it on the doorstep.



Additional flu health educational materials are available at:
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>