

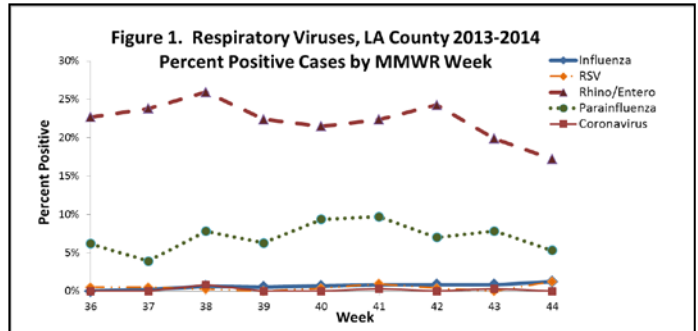
## Influenza Activity Remains Low

All measures of influenza surveillance in Los Angeles County (LAC) remain below baseline levels which is typical for this time of year. Currently the most common circulating respiratory pathogen is rhinovirus which causes symptoms associated with the common cold (Figure 1). The percent positive influenza tests returned from our sentinel laboratories increased incrementally to 0.7% (Table 1). Flu A remains the dominant strain both locally and nationally (1). National data from the CDC shows activity ranging from none to regional activity estimates by state. California is currently experiencing sporadic activity (2).

**Table 1. LA County Surveillance Summary 2013-2014**

LA County Surveillance Summary	Week 44 10/27/13- 11/2/13	2013-14 YTD (9/1/13-Present)
Positive Flu Tests/Total Tests (Percent Positive Flu Tests)	8/637 (1.3%)	34/4698 (0.7%)
Percent Flu A/B	100/0	88/12
Community Respiratory Outbreaks	0	1
Flu Deaths, Confirmed†	0	1

†Confirmed influenza death is defined by a positive lab test, compatible symptoms, and clear progression from illness to death



## Heart Healthy Benefits from the Flu Vaccine

A recent study published by the Journal of the American Medical Association found that getting vaccinated to protect yourself against flu also reduces the risk of morbidity from an adverse cardiovascular event such as heart attack or stroke. The study also showed a benefit to those who already had coronary artery disease by decreasing the risk of experiencing a serious heart problem. These findings are relevant to LAC since cardiovascular disease has consistently been identified as a top risk factor for influenza mortality. During the 2012-2013 influenza season 38% of fatal cases had cardiovascular disease as an underlying medical condition (3). For more information: [Association Between Influenza Vaccination and Cardiovascular Outcomes in High-Risk Patients](#)



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### Sporadic Activity in California

Overall influenza activity is slowly increasing across the nation with most states reporting sporadic activity, California included. Texas, Mississippi, South Carolina, Virginia, and Puerto Rico showed increased local activity and Alaska and Alabama reported the highest regional activity.

1. CDC. <http://www.cdc.gov/flu/weekly/>
2. CDC. <http://www.cdc.gov/flu/weekly/usmap.htm>
3. LACDPH 2012-2013 Influenza Season Summary

