

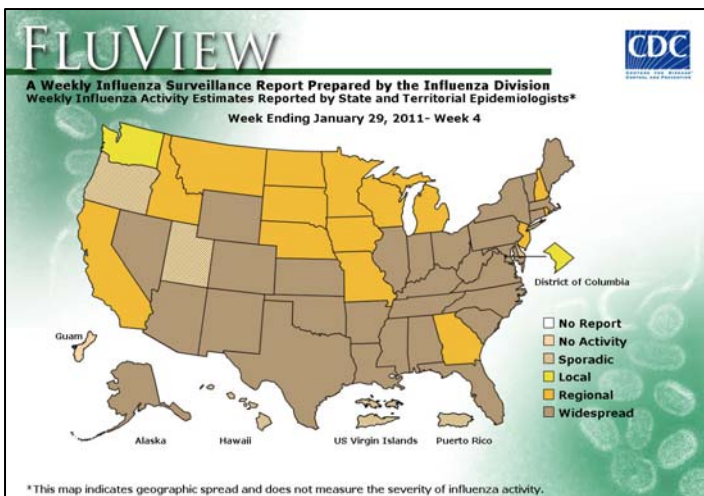
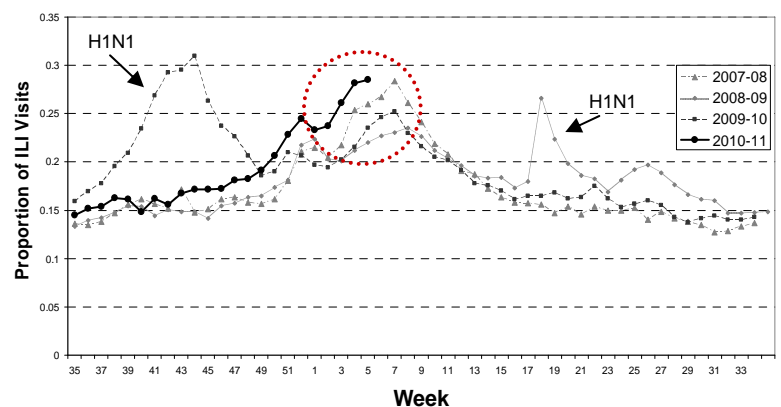
FLU ACTIVITY CONTINUES TO INCREASE IN LOS ANGELES COUNTY

Los Angeles County is continuing to experience significant increases in influenza activity resulting in many outbreaks, mostly in elementary schools, and additional associated deaths. While to date several flu viruses have been identified, all local known flu deaths have been due to type A; of those with an identified strain type, most have been H1N1. Currently circulating flu viral types are sensitive to two antivirals: oseltamivir and zanamivir. While it is too early to know when activity will decline, based on past seasons, flu can continue to circulate into the spring. Accordingly, physicians are urged to continue influenza vaccination and consider antiviral treatment for patients at high risk for complications from influenza infection.

LA County Surveillance Summary (2010-2011)
Surveillance Weeks 4 to 5

LA County Surveillance Summary	Week 4	Week 5	10-11 Season YTD
Positive Flu Tests / Total Tests (Percent Positive Flu Tests)	123 / 896 (13.7%)	200 / 985 (20.3%)	804 / 10,180 (7.9%)
Percent Flu A / B	55 / 45	54 / 46	50 / 50
Positive RSV Tests / Total Tests (Percent Positive RSV Tests)	130 / 309 (42.1%)	132 / 365 (36.2%)	974 / 4,644 (21.0%)
Respiratory Outbreaks	2	5	27
Total Flu Deaths (Pediatric Deaths)	3 (0)	1 (0)	10 (2)

Influenza-like Illness ED Visits in LA County (2007-2011)
Surveillance Week 5



During week 4, the highest level of influenza activity (widespread activity) was reported by 30 states. Lesser regional activity was reported by 15 states including California.

FLU VACCINE CUTS MI RISK BY 20%

A case-control study found influenza vaccination reduces the risk of a first heart attack by about a fifth. The researchers found no effects of pneumococcal vaccination on risk of myocardial infarction (MI). Siriwardena, Gwini, and Coupland, Influenza vaccination, pneumococcal vaccination and risk of acute myocardial infarction: matched case-control study. *Can. Med. Assoc. J.*, Oct 2010; 182: 1617-1623. www.ncbi.nlm.nih.gov/pubmed/20855479

ANTIVIRALS RECOMMENDED FOR HIGH RISK PATIENTS

As Los Angeles County nears the peak of flu season, physicians should consider influenza in their differential diagnosis and treat accordingly, especially for patients at high risk for complications from influenza infection including those with chronic health conditions (particularly heart and respiratory issues) and those significantly overweight or obese. Unfortunately, many physicians still incorrectly prescribe antibiotics to treat flu, a viral illness, when antivirals are indicated. This season, only two antivirals are recommended for the treatment and chemoprophylaxis of influenza: **oseltamivir** (Tamiflu®) and **zanamivir** (Relenza®).

The CDC's antiviral recommendations for the 2010-2011 season, are available at:

www.cdc.gov/flu/professionals/antivirals/index.htm

The updated guidance for health care professionals on the use of rapid influenza diagnostic tests is available at:

www.cdc.gov/flu/professionals/diagnosis/clinician_guidance_ridt.htm