

Influenza Activity is Steadily Increasing

For the 5th week in a row, influenza activity continued to increase in Los Angeles County. All local surveillance indicators show heightened activity: sentinel labs are reporting an increased rate of positive flu results, visits to emergency departments for influenza-like-illness are up, and 2 additional flu-associated deaths occurred during week 53 (Table 1, Figures 1 and 2). Nationally, the rest of the country appears to be experiencing a more severe impact from flu than what is occurring in California¹. However, that situation may change as local levels have most likely not peaked yet and because the flu season can extend into the spring.

¹ [Weekly U.S. Influenza Surveillance Report | Seasonal Influenza \(Flu\) | CDC](#)

Table 1. LA County Surveillance Summary 2014-2015		
	Week 53 12/28/14-1/3/15	2014-15 YTD (9/1/14-Present)
Positive Flu Tests/Total Tests (Percent Positive Flu Tests)	163/1127 (14.5%)	655/13,415 (4.9%)
Percent Flu A/B	94/6	89/11
Community Respiratory Outbreaks	0	1
Influenza Confirmed Outbreaks	0	0
Pediatric Flu Deaths†	0	0
Adult Flu Deaths	2	5

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

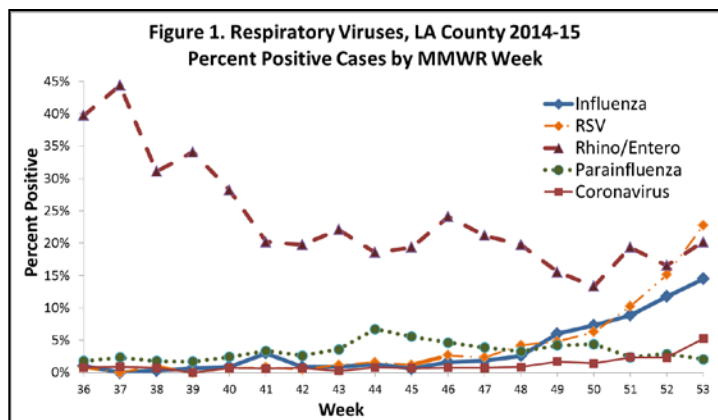
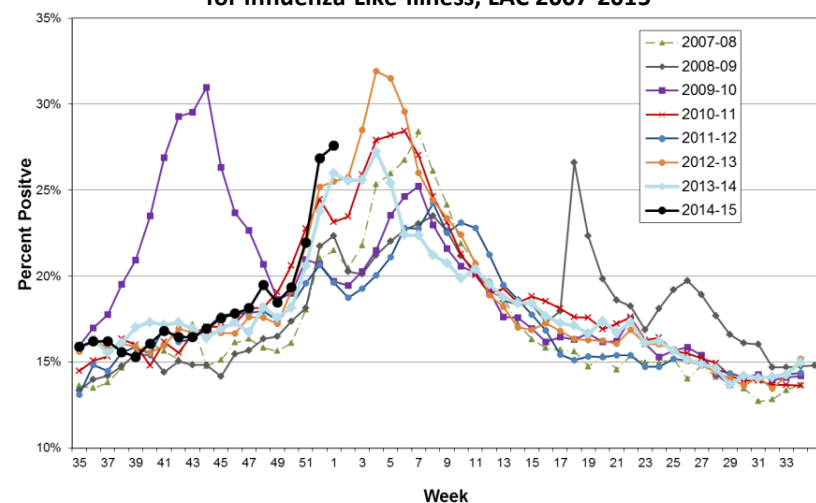


Figure 2. Percent Positive Visits to Emergency Departments for Influenza-Like-Illness, LAC 2007-2015



Pregnant Women Need a Flu Shot

Influenza can cause severe outcomes in pregnant women and their unborn baby including premature labor and delivery. The flu shot is the best protection against the flu for both pregnant women and their babies before and after birth. The flu shot is safe for breastfeeding and pregnant women and can be administered during any trimester.

[Pregnant Women & Influenza \(Flu\) | Seasonal Influenza \(Flu\) | CDC](#)

It's not too late to vaccinate!

Influenza vaccination should still be encouraged for those who have not yet received one. Flu activity usually peaks in January or February and getting vaccinated now is still beneficial. In addition, the vaccine protects against multiple flu strains and continues to be the best protection against getting the flu and passing it onto others. To find a flu vaccine location near you, see: [L.A. COUNTY PUBLIC HEALTH - Immunization Program](#)