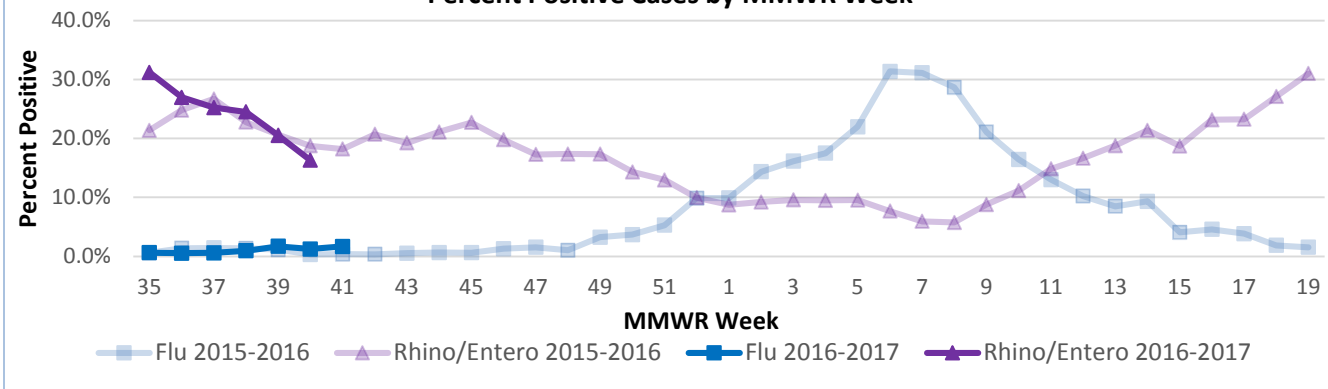


Flu Activity Low, But Increasing

During the month of October, LAC already is seeing sporadic cases of influenza (flu), and the number of cases has been increasing. To date in LAC, no flu-associated deaths have been confirmed and two suspected respiratory outbreaks have been reported. In addition to low levels of flu in LAC, other respiratory viruses are circulating as well, including rhinoviruses/enteroviruses which are most common in summer and fall (Figure 1). While flu A 2009 H1N1 and flu B have been identified both locally and nationwide, early reports show flu A H3N2 to be the most commonly identified strain.

Figure 1. Influenza and Rhino/Enteroviruses, LAC 2015-2017
Percent Positive Cases by MMWR Week



Los Angeles County Flu Vaccination Event List



Cold Versus Flu

Because the common cold and influenza (flu) are both respiratory illnesses and share similar symptoms, it is easy to confuse the two¹. Flu differs from the common cold in that it comes on sudden and strong, is usually associated with a fever, and can result in serious health problems such as pneumonia or hospitalizations. For some cases, it may be difficult to tell the difference between a cold and the flu based on symptoms alone, and health care providers may choose to use a diagnostic test to guide treatment. Often, symptoms and clinical judgement, like whether or not a patient has received a flu vaccine this season, or viral circulation information, will be used to guide making a diagnosis².

¹<http://www.cdc.gov/flu/about/qa/coldflu.htm>
²<http://www.cdc.gov/flu/about/qa/testing.htm>

Scare Away the Flu

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



- Do the "Dracula," cough and sneeze into your sleeve.
- Avoid masks that make kids more likely to touch their eyes, nose, or mouth.



If you or your child are sick, don't go out trick-or-treating. Instead, stay home and watch a scary movie.

- Wash your hands before eating candy.
- If you're sick, don't hand out candy. Instead, leave it on the doorstep.



Remember, you can also keep your children strong against the flu by:

- Getting vaccinated against seasonal flu
- Eating healthy food
- Exercising regularly
- Getting enough rest
- Washing hands with soap and warm water
- Staying home until 24 hours after fever ends
- Asking healthcare provider about antivirals if child has flu-like symptoms

Flyer available in Spanish.

More flu educational materials through LAC DPH.

