Current Activity

San Mateo County

- There has been a steady increase in Influenza and RSV activity.
- Based on lab reports from seven reporting county and hospital laboratories*, there were 79 influenza and 6 RSV positive specimens within week 4 (Figure 1).
- To date, a total of 1,509 specimens have been tested for influenza, of which 184 (12.2%) are positive (Figure 2). Of the positive specimens, 169 (91.8%) were influenza A and 15 (8.2%) were influenza B. A total of 246 specimens have been tested for RSV, of which 60 (24.3%) were positive (Figures 3).
- Influenza-like-illness (ILI) surveillance data from San Mateo Medical Center ED showed a change in week 4 (3.7%) compared to week 3 (2.07%), and has been steadily increasing over the past few weeks. To date, influenza-like illness visits made up 0.64% of total ED visits, which is now above the 2011-12 seasonal average of 0.59% (dashed line on graph) (Figure 4).
- No influenza related hospitalizations or fatalities have been reported to date. Six laboratory confirmed outbreaks have been reported to date, of which five were reported in week 4.

California:

- Overall influenza activity in California remains widespread.
- The Respiratory Lab Network (RLN) tested 4,087 specimens for influenza during week 4, of which 1,536 (37.6%) were positive for influenza; 1,302 (84.8%) were influenza A, of which 376 (28.9%) were subtyped as seasonal A (H3) and 34 (2.6%) were influenza A (H1N1); 234 (15.2) were influenza B.
- Five influenza-reported deaths in persons under the age of 65 were reported in week 4, including the first pediatric death. To date, a total of 14 deaths have been reported.
- The proportion of outpatient ILI visits was 6.2%, which is above the epidemic threshold of 4.6%

United States:

- During week 4 (ending 1/26/13), influenza activity remained elevated, but decreased in certain areas.
- Of the 10,581 specimens tested, 2,701 (25.5%) were positive for influenza. Of the positive specimens, 2,141 (79.3%) were influenza A, of which 1,053 (49.2%) were H3; and 560 (20.7%) were influenza B.
- No new human infections with novel influenza A viruses were reported during week 4.
- Eight influenza-associated pediatric deaths were reported in week 4. A total of 45 influenza-associated pediatric deaths have been reported to date.
- To date, 7,224 laboratory-confirmed influenza outbreaks have been reported.
- The proportion of outpatient ILI visits was 4.2%, which is above the national baseline of 2.2%

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**Figure 1** Number of Positive Influenza & RSV Tests by Week
San Mateo County, 2010-13

**Figure 2** Percentage of Positive Influenza Specimens Weighted by Number of Labs Reporting.
San Mateo County, 2011-13

**Figure 3** Percentage of Positive Respiratory Syncytial Virus (RSV) Specimens Weighted by Number of Labs Reporting.
San Mateo County, 2011-13

**Figure 4** Proportion of Influenza-like Illness Visits (ILI):
San Mateo County Medical Center ED, 2011-13 Influenza Seasons

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**TEST OR TREAT?**

Influenza and RSV activity overall is on a seasonal high. One hundred and eighty four (12.2%) specimens have tested positive for influenza since the beginning of flu season in San Mateo County.

- Since influenza is circulating in the community, healthcare providers should consider empiric treatment in patients with a high clinical suspicion for influenza.
- Continue to test hospitalized patients with suspected flu for the purposes of infection control and surveillance. Consider empiric treatment in severely ill hospitalized (ICU) cases with suspected influenza or in patient with progressive illness.
- Antivirals used for treatment: Oseltamivir or Zanamivir. So far, there is no evidence of resistance to neuraminidase inhibitors among the influenza A strains tested.

*Our reported numbers do not represent all cases of influenza within SMC, but are intended to demonstrate trends in influenza activity. Sources: SMC Kaiser, San Mateo Medical Center, Sequoia Hospital, Peninsula Hospital, San Mateo County Public Health Lab; CA California Influenza Surveillance Project: [http://www.cdph.ca.gov/programs/vrdl/Pages/](http://www.cdph.ca.gov/programs/vrdl/Pages/)