San Mateo County

- After a steady increase in the past weeks, influenza activity in San Mateo appears to have peaked.
- Based on lab reports from seven reporting county and hospital laboratories*, there were 63 influenza and 7 RSV positive specimens within week 6 (Figure 1).
- To date, a total of 2,227 specimens have been tested for influenza, of which 339 (15.2%) are positive (Figure 2). Of the positive specimens, 304 (89.6%) were influenza A and 35 (10.4%) were influenza B. A total of 306 specimens have been tested for RSV, of which 79 (25.8%) were positive (Figure 3).
- Influenza-like illness (ILI) surveillance data from San Mateo Medical Center ED decreased in week 6 (3.6%) compared to week 5 (4.9%), and may have peaked. To date, influenza-like illness visits made up 1.04% of total ED visits, which is now above the 2011-12 seasonal average of 0.59% (dashed line on graph) (Figure 4).
- Two influenza related hospitalizations among persons aged 0-64 years have been reported to date, of which one was reported in week 6. Nine laboratory confirmed outbreaks have been reported to date, none were reported during week 6.

California:

- Overall influenza activity in California remains widespread.
- The Respiratory Lab Network (RLN) tested 3,628 specimens for influenza during week 6, of which 1,223 (33.8%) were influenza B. A total of 205 (21.4%) were subtyped as seasonal A (H3) and 119 (12.4%) were influenza A (H1N1); 264 (21.6%) were influenza B.
- RSV detections decreased in week 6 (17% compared to 19.6% in week 5).
- Eight influenza-reported deaths in persons under the age of 65 were reported in week 6. To date, a total of 26 deaths, including one pediatric death, have been reported.
- CDPH received 17 reports of laboratory confirmed influenza outbreaks during week 6. To date, a total of 69 laboratory confirmed outbreaks have been reported.
- The proportion of outpatient ILI visits was 4.1%, which fell below the epidemic threshold of 4.6%.

United States

- During week 6, influenza activity remained elevated, but decreased in most areas.
- Of the 7,608 specimens tested, 1,499 (19.7%) were positive for influenza. Of the positive specimen, 993 (66.2%) were influenza A, of which 449 (45.2%) were H3; and 506 (33.8%) were influenza B.
- No new human infections with novel influenza A viruses were reported during week 6.
- Five influenza-associated pediatric deaths were reported in week 6. A total of 65 influenza-associated pediatric deaths have been reported to date.
- To date, 8,953 laboratory-confirmed influenza associated hospitalizations have been reported.
- The proportion of outpatient ILI visits was 3.2%, which is above the national baseline of 2.2%.

Figure 1

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

TEST OR TREAT?

Influenza and RSV activity overall has peaked. Three hundred and thirty nine (15.2%) 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/