What You Should Know for the 2019-2020 Flu Season

Most people who get sick with influenza will have mild illness (i.e., cough, sore throat, or fever), will not need medical care or antiviral drugs and will recover in less than two weeks. Some people, however, are more likely to get influenza complications that can result in hospitalization and sometimes death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications.

People with the following conditions are at risk for influenza complications:

- Adults 65 Years and Older
- Pregnant Women
- Young Children (under the age of 2 years)
- Asthma
- Heart Disease & Stroke
- Diabetes
- HIV/AIDS
- Cancer
- Children with Neurologic Conditions

In an effort to help high risk populations from contracting influenza, ADPH strongly encourages everyone to get vaccinated this influenza season!

Source: https://www.cdc.gov/flu/highrisk/index.htm

What is Happening in Alabama (October 6 - October 26)

Influenza A/H3 and Influenza B were identified

Influenza has been recently detected in seven Districts

Four influenza or influenza-like illness outbreak(s) were reported

No pediatric deaths have been reported this season

Statewide influenza-like illness (ILI) is below the threshold of concern

Notes:

* Information on outpatient visits to healthcare providers for ILI is collected through the U.S. Outpatient ILI Surveillance Network (ILINet). In Alabama, data are submitted using one of two methods: manual data entry by providers (ILINet) or electronic transmission by hospitals of syndromic surveillance data (ESSENCE).

** Geographic spread is determined based on district activity levels and virologic surveillance.
Southeastern District leads the way with ILI activity (October 20-October 26)

Southeastern: 3.1%
Northeastern: 2.9%
West Central: 2.7%
Jefferson: 2.7%
East Central: 2.4%
Southwestern: 2.3%
Mobile: 1.9%
Northern: 1.9%

Percent of Outpatient Visits Reportedly Due to ILI

3.32% Threshold

News from the Bureau of Clinical Laboratories (BCL)

- If you are a healthcare provider and need to request flu kits:
  - Email FluTestKit@adph.state.al.us
  - Enter “flu test kit” in subject line. Explain what you need (i.e., entire flu test kit, individual items such as cooler, ice packs, Dacron swabs, viral/universal transport media, etc.)

What else is circulating in Alabama? (October 6 - October 19)

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<th>Respiratory Panel Targets</th>
<th>NRTH</th>
<th>NERN</th>
<th>WCEN</th>
<th>JEFF</th>
<th>ECEN</th>
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Resources

ADPH’s Influenza Website: http://www.alabamapublichealth.gov/influenza
ADPH’s Seasonal Trend Graph: http://alabamapublichealth.gov/influenza/assets/ili_bclpositives.pdf

Flu Q&A
Q: Can I still get a flu vaccine?
A: Yes! CDC recommends vaccination as long as flu viruses are spreading and causing illness.

Everyone in your family who is 6 months