WHAT THE FLU IS GOING ON IN ALABAMA?

- Influenza–like illness* is at 2.49% statewide. This represents a decrease in the number of patients visiting their doctor with flu-like symptoms as compared to last week.
- During the last three weeks, Influenza A, 2009 H1; Influenza A, H3; and Influenza B were identified. Although subtype H3 was reported, they were most likely H3N2.
- During Week 14 (March 31 – April 6), 3 influenza-like illness (ILI) outbreaks were reported.

ALABAMA’S OVERALL INFLUENZA ACTIVITY IS BELOW BASELINE FOR THE 2ND WEEK IN A ROW

- Although, Alabama’s influenza activity is below baseline it still continues to circulate throughout the state. An activity level of 2.5% does not mean influenza is gone but activity is beginning to normalize.

INFLUENZA RELATED DEATHS DURING THE 2018-2019 FLU SEASON
(SEPTEMBER 30—APRIL 6)
**What and Where? Alabama’s Influenza Activity**

- Geographic spread** was reported as **local** to the Centers for Disease Control and Prevention (CDC)

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**Reported Outbreaks by District for Week 14 (March 31 — April 6)**

<table>
<thead>
<tr>
<th>Districts</th>
<th>Number of Reported Outbreaks</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Central</td>
<td>0</td>
</tr>
<tr>
<td>Jefferson</td>
<td>1</td>
</tr>
<tr>
<td>Northeastern</td>
<td>0</td>
</tr>
<tr>
<td>Northern</td>
<td>0</td>
</tr>
<tr>
<td>Southeastern</td>
<td>0</td>
</tr>
<tr>
<td>Southwestern</td>
<td>1</td>
</tr>
<tr>
<td>West Central</td>
<td>0</td>
</tr>
<tr>
<td>Mobile</td>
<td>1</td>
</tr>
<tr>
<td>Grand Total</td>
<td>3</td>
</tr>
</tbody>
</table>

**News From the BCL**

Please remember to submit specimens for surveillance testing even as the current flu season slows down and comes to a close. Your samples provide valuable information for tracking influenza throughout the year.

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**Fight the Flu**

- Get yourself and your family vaccinated!
- Take everyday preventive actions to help stop the spread of flu viruses!
- Take antiviral drugs if your doctor prescribes them!


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**Notes:**

*Information on outpatient visits to healthcare providers for ILI is collected through the U.S. Outpatient ILI Surveillance Network (ILINet). In Alabama, data is 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.

1Significant influenza activity is based on reported influenza-like illness data or reported influenza outbreaks **AND** PCR positive influenza specimens from the previous 3 weeks.
During Week 13 (March 24 - March 30), six states experienced high ILI activity; 19 states experienced moderate ILI activity; New York City, the District of Columbia, Puerto Rico and 13 states experienced low ILI activity; 12 states experienced minimal ILI activity; and the U.S. Virgin Islands had insufficient data.

Influenza activity decreased but remains elevated in the United States. Influenza A(H1N1)pdm09, influenza A(H3N2), and influenza B viruses continued to co-circulate.

The geographic spread of influenza in Puerto Rico and 33 states was reported as widespread; 15 states reported regional activity; the District of Columbia and one states reported local activity; the U.S. Virgin Islands and Guam had insufficient data.

The proportion of outpatient visits for influenza-like illness (ILI) decreased to 3.2%, which is above the national baseline of 2.2%.

According to FluSurv-Net. The overall hospitalization rate was 56.4 per 100,000 population. The highest rate of hospitalization was among adults aged ≥65 (181.8 per 100,000 population), followed by adults aged 50-64 (71.9 per 100,000 population) and children aged 0-4 (66.1 per 100,000 population).

Source: Centers for Disease Control and Prevention
### Influenza Positive Specimens Reported During the 2018-2019 Season, by Subtype

#### Currently Circulating in Alabama

- **A, 2009 H1**: 2%
- **A, H3**: 27%
- **A, H3N2**: 16%
- **B/Victoria**: 46%
- **B/Yamagata**: 15%
- **A, Co-infection**: 1%
- **B, Lineage not specified**: 1%
- **A, not subtyped**: 3%

#### Circulating in the United States

- **A, 2009 H1**: 24%
- **A, H3**: 68%
- **A, H3N2**: 4%

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### What Else is Circulating in Alabama? (March 17—April 6)

<table>
<thead>
<tr>
<th>Respiratory Panel Targets*</th>
<th>NRTH</th>
<th>NERN</th>
<th>WCEN</th>
<th>JEFF</th>
<th>ECEN</th>
<th>SWRN</th>
<th>SERN</th>
<th>MOBL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Rhinovirus/Enterovirus</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


### A Word from the Centers for Disease Control and Prevention (CDC)

- **Flu Illnesses**: 33.2 million – 38.1 million
- **Flu Medical Visits**: 15.3 million – 17.8 million
- **Flu Hospitalizations**: 452,000 – 549,000
- **Flu Deaths**: 30,600 – 50,900

### Resources

- ADPH’s Influenza Website: [http://www.alabamapublichealth.gov/influenza](http://www.alabamapublichealth.gov/influenza)
- ADPH’s Seasonal Trend Graph: [http://www.alabamapublichealth.gov/influenza/assets/libclpositives1.pdf](http://www.alabamapublichealth.gov/influenza/assets/libclpositives1.pdf)