WHAT THE FLU IS GOING ON IN ALABAMA?

- Influenza–like illness is at 3.68% statewide. This represents a decrease in the number of patients visiting their doctor with flu-like symptoms as compared to last week.
- Geographic spread** was reported as widespread to the Centers for Disease Control and Prevention (CDC)
- 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 12 (March 17 – March 23), 5 influenza-like illness (ILI) outbreaks were reported.

** Geographic spread is determined based on district activity levels and virologic surveillance.

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).

** Significant influenza activity is based on reported influenza-like illness data or reported influenza outbreaks AND PCR positive influenza specimens from the previous 3 weeks.

INFLUENZA RELATED DEATHS DURING THE 2018-2019 FLU SEASON
(SEPTEMBER 30—MARCH 23)

<table>
<thead>
<tr>
<th>Pediatric (1)</th>
<th>Adult (68)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 individual</td>
<td>5 individuals</td>
</tr>
</tbody>
</table>
ALABAMA’S OVERALL INFLUENZA ACTIVITY CONTINUES TO HOVER NEAR BASELINE

REPORTED OUTBREAKS BY DISTRICT FOR WEEK 12 (MARCH 17 — MARCH 23)

<table>
<thead>
<tr>
<th>Districts</th>
<th>Number of Reported Outbreaks</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Central</td>
<td>2</td>
</tr>
<tr>
<td>Jefferson</td>
<td>0</td>
</tr>
<tr>
<td>Northeastern</td>
<td>1</td>
</tr>
<tr>
<td>Northern</td>
<td>1</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>0</td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>

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!


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.

Influenza 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 44 states was reported as widespread; Puerto Rico and four states reported regional activity; the District of Columbia and two states reported local activity; the U.S. Virgin Islands reported sporadic activity; and Guam did not report.

The proportion of outpatient visits for influenza-like illness (ILI) remained at 4.4%, which is above the national baseline of 2.2%.

According to FluSurv-Net the overall hospitalization rate was 47.1 per 100,000 population. The highest rate of hospitalization was among adults aged ≥65 (146.0 per 100,000 population), followed by adults aged 50-64 (61.0 per 100,000 population) and children aged 0-4 (59.0 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: 16%
- A, H3: 24%
- A, H3N2: 2%
- B/Victoria: 41%

**Circulating in the United States**

- A, 2009 H1: 1%
- A, H3: 1%
- A, H3N2: 2%
- B/Victoria: 32%
- B/Yamagata: 60%

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**What Else is Circulating in Alabama? (March 3—March 23)**

<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></td>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>


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

CDC estimates that, from October 1, 2018, through March 16, 2019, there have been:

- 28.5 million – 32.8 million flu illnesses
- 13.2 million – 15.4 million flu medical visits
- 375,000 – 454,000 flu hospitalizations
- 25,000 – 41,500 flu deaths

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**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/ilibclpositives1.pdf](http://www.alabamapublichealth.gov/influenza/assets/ilibclpositives1.pdf)