



Disease Control and Epidemiology

Orange County Reports Season's First Influenza Case

October 6, 2017

The Orange County Health Care Agency (HCA) has confirmed the county's first case of influenza for the 2017-18 season which began October 1st. The best way to prevent the flu is by getting vaccinated. Anyone who has not already received the flu vaccine should get it now before influenza season peaks.

Provider Reminders

- Health care providers should consider influenza, in the absence of another diagnosis, for patients who present with an abrupt onset of fever, cough, runny or stuffy nose, sore throat, and/or body aches. It's important to note that not everyone with influenza will have a fever.
- Antiviral treatment is recommended as early as possible for any patient with confirmed or suspected influenza who is hospitalized, has severe, complicated or progressive illness, or is at higher risk of complications from influenza.
 - Treatment should not be delayed while awaiting laboratory confirmation.
- Rapid diagnostic or immunofluorescent (e.g., DFA/IFA) tests for influenza may be falsely negative and do NOT exclude a diagnosis of influenza.
- For clinical guidance on influenza, see www.cdc.gov/flu/professionals.
- All severe cases of influenza should be reported to HCA Epidemiology & Assessment Program immediately at 714-834-8180. Severe cases are defined as cases under the age of 65 years admitted to the intensive care unit or have died.

Other Considerations

The Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) has updated its recommendations for influenza vaccine. Of note:

- This season's vaccine will contain the same strains as last year except for the H1N1 strain (changed to A/Michigan/45/2015 (H1N1) pdm09–like virus).
- Pregnant women may receive any licensed, recommended, age-appropriate influenza vaccine.
- Similar to last year, live-attenuated influenza vaccine (FluMist) should not be used this season.
- Children aged 6 months through 8 years who have previously received ≥ 2 total doses of trivalent or quadrivalent influenza vaccine before July 1, 2017 require only 1 dose for 2017–18; if less than 2 doses previously before July 1, 2017, they require 2 doses, spaced at least 4 weeks apart.
- Several influenza vaccine products have updated licensing/labelling changes. One key change to note is that FluLaval is now available preservative-free for 6-35 month olds, but the dose is the same 0.5 ml as is used for older children and adults.
- For more information see the *MMWR Recommendations and Reports 8/25/2017* at www.cdc.gov/mmwr.

Contact Information

If you have any questions, contact HCA Epidemiology at 714-834-8180 or visit us at www.ochealthinfo.com.