2018-2019 Influenza Season Update for Week 51*
(The week ending on Saturday, December 22, 2018)

Key Points
✓ Classification of Connecticut geographic activity has increased to widespread** for week 51.
✓ Influenza activity has rapidly increased in Connecticut during the past week.
✓ Influenza A viruses are the predominate type circulating; very few influenza B viruses are currently being reported.
✓ The U.S. Centers for Disease Control and Prevention (CDC) recent report on the percentage of people nationally seeing their health care provider with influenza-like-illness (ILI) has increased to 2.7%, above the national baseline of 2.2% for elevated ILI activity.
✓ December is still a good time for you and your family to obtain your flu vaccine and take steps to prevent influenza-related illness and hospitalization: https://portal.ct.gov/DPH/Immunizations/Seasonal-Influenza

The Department of Public Health (DPH) uses multiple surveillance systems to monitor circulating flu viruses throughout the year. All data are considered preliminary and updated with available information each week starting in October and ending in May.

- The percentage of statewide emergency department visits attributed to the “fever/flu syndrome” has increased from 7.2% in week 50 to 8.5% in week 51 (Figure 1). Caution should be used when comparing the 2018-2019 EpiCenter syndromic surveillance data to 2016-2017 and 2017-2018 Hospital Emergency Department Syndromic Surveillance System data†.

- The percentage of outpatient visits with influenza-like illness (ILI) is currently 4.1%, above the level of 1%, generally considered the minimum threshold for elevated influenza-associated visits in the outpatient setting in Connecticut (Figure 2).

- To date, a total of 162 hospitalized patients with laboratory-confirmed influenza admitted between August 26 and December 22, 2018 have been reported. Of these, 139 were associated with type A (subtype unspecified), 6 with influenza A (2009 H1N1), 6 with influenza A (H3N2), and 11 with influenza B viruses (Figures 3 & 4). A total of 3 flu-associated deaths have been reported including 2 deaths in persons >65 years of age and 1 death in a person aged 50-64 years of age reported during week 52 (the week ending on Saturday, December 29, 2018; Figure 4).

- A total of 527 influenza positive laboratory tests have been reported during the current season (August 26 – December 22, 2018): Hartford County (171), New Haven (144), Fairfield (107), Litchfield (29), New London (29), Middlesex (19), Tolland (15), and Windham (13). Of the positive reports, 443 were influenza A (subtype unspecified), 28 influenza A (2009 H1N1), 10 were influenza A (H3N2), and 46 were influenza B (Figures 5 & 6).

* Week numbers refer to the Morbidity and Mortality Weekly Report calendar used by the Centers for Disease Control and Prevention (CDC) for national disease surveillance.
** Definitions for the estimated levels of geographic spread of influenza activity available at: http://www.cdc.gov/flu/weekly/overview.htm
† The EpiCenter system replaced the Hospital Emergency Department Syndromic Surveillance System; 18 additional emergency department facilities send data to the EpiCenter.
*Caution should be used when comparing EpiCenter surveillance data to 2016-17 and 2017-18 Hospital Emergency Department Syndromic Surveillance system data.
Figure 3. Hospitalized Patients (n = 162) with Positive Lab Tests by Subtype & Week, Connecticut, through 12/22/2018

Figure 4. Hospitalized Patients (4a. n= 162) and Flu-Associated Death (4b. n=3) with Positive Laboratory Tests by Influenza Subtype and Age Group, Connecticut, through 12/22/2018
Figure 5. Positive Laboratory Tests (n = 527) by Influenza Subtype and Week, Connecticut, through 12/22/2018

Figure 6. Proportion of Cumulative Positive Laboratory Tests (n = 527) by Influenza Subtype, Connecticut, through 12/22/2018
Influenza Surveillance System Definitions

The EpiCenter System: This system receives near real-time reports on ED visits from all 38 licensed, hospital emergency departments in Connecticut. Data include a description of the chief complaint, or reason for visit, including fever/flu. The EpiCenter system replaced the Hospital Emergency Department Syndromic Surveillance system (HEDSS). During 2017-2018, 18 additional emergency department facilities began sending data to the EpiCenter, and caution should be used when comparing EpiCenter surveillance data to historical HEDSS data.

Sentinel Provider Surveillance: Reporting of influenza-like illness (ILI) is conducted through a statewide network of volunteer outpatient providers known as ILINet. The proportion of patients exhibiting ILI is reported to the DPH on a weekly basis. ILI is defined as a cough and/or sore throat in the absence of a known cause, and the presence of a fever ≥100°F.

Influenza-associated Hospitalizations and/or Deaths: Providers are required to report influenza-associated hospitalizations and influenza-associated deaths, they are not required to report any positive influenza test results. Data collected describe the more serious illnesses associated with influenza infections.

Laboratory Surveillance. In Connecticut, positive influenza results are reportable by the laboratory conducting the test. Rapid antigen results are only reportable by laboratories with electronic file reporting. These results are used to determine what types, subtypes, and strains are circulating.