

Seasonal Influenza (Flu)

Wallingford Health Department

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Epidemiologist





About Flu

- Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.
- Some people, such as people 65 years and older, young children, and people with certain health conditions, are at higher risk of serious flu complications.
- There are two main types of influenza (flu) viruses: types A and B. The influenza A and B viruses that routinely spread in people are responsible for seasonal flu epidemics each year.
- Flu viruses can spread from person to person, mainly by droplets made when people with flu cough, sneeze, or talk.



Common signs & symptoms of Flu

- Influenza (flu) can cause mild to severe illness, and at times can lead to death.
- Flu symptoms usually come on suddenly.
- People who have flu often feel some or all of these symptoms:
 - fever* or feeling feverish/chills
 - cough
 - sore throat
 - runny or stuffy nose
 - muscle or body aches
 - headaches
 - fatigue (tiredness)
 - some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.



Who is at higher risk of flu complications

- Some people are at higher risk of developing serious flu complications*:
 - [Adults 65 Years and Older](#)
 - [Adults with Certain Chronic Health Conditions](#)
 - [During Pregnancy](#)
 - [Adults 65 Years and Older](#)
 - [Pregnant People](#)
 - [Children younger than 2 years old](#)
 - [Asthma](#)
 - [Heart Disease & Stroke](#)
 - [Diabetes](#)
 - [HIV/AIDS](#)
 - [Cancer](#)
 - [Children with Neurologic Conditions](#)
 - [Chronic Kidney Disease](#)
 - [Racial and Ethnic Minority Groups](#)
 - [People with Disabilities](#)

*If you are interested in knowing more about the relationship between influenza and one of the conditions above, click on the condition, and a new link will open with more information.



How can I prevent Flu

- The best way to reduce the risk of flu and its potentially serious complications is by getting vaccinated each year.
- **CDC recommends everyone 6 months and older get an annual flu vaccine.**
- **Getting an annual flu vaccine is the best way to protect yourself and your loved ones from flu.**
- If you are at higher risk of developing serious flu complications, flu vaccination is especially important. When you get vaccinated, you reduce your risk of getting sick with flu and possibly being hospitalized or dying from flu.
- Find Flu Vaccines near you:
 - <https://www.vaccines.gov/find-vaccines/>

New study of more than 80,000 adults hospitalized with flu found serious, sudden heart complications were common.

ONE in **EIGHT** patients had sudden heart complications.



Of these patients, almost **one-third** were admitted to the ICU and **7%** died.



Get a **FLU VACCINE** to reduce the risk of flu complications, including sudden onset of cardiac disease.

Flu vaccination reduces hospitalizations and emergency department visits in children.

During the **2018-2019** flu season, flu vaccination reduced:



40%

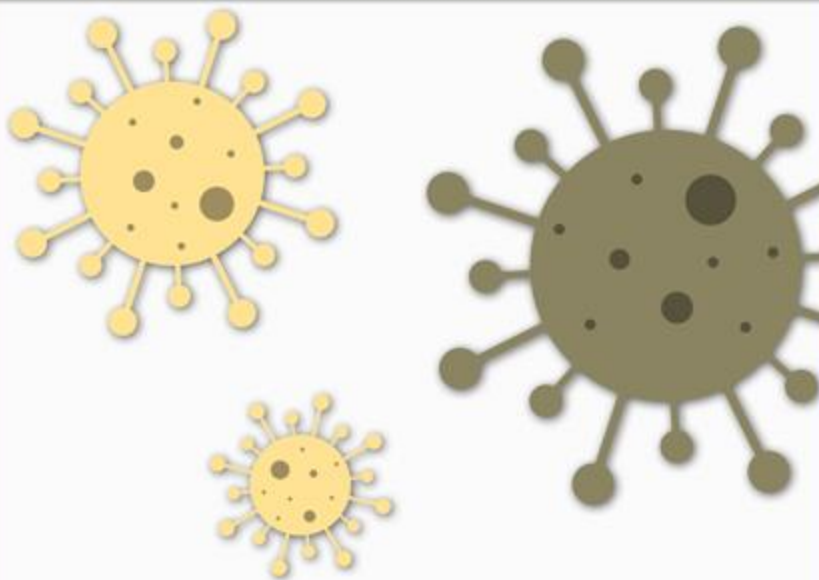
Hospitalizations by:



51%

Emergency Department Visits by:

in children between **6 months** and **17 years old** ...*



... even though vaccines were not well matched with one of the circulating viruses.

Flu vaccination is the best way to protect children from flu and its complications.



*Study based on analysis of 3,736 children in the New Vaccine Surveillance Network made up of pediatric hospitals in 7 cities.

CS 320460-A

WWW.CDC.GOV/FLU



Wallingford Health Department Flu Vaccine Clinic

- The Wallingford Health Department will be hosting two **Flu Vaccine Clinics**
- **Saturday, October 22nd** from 10:30AM to 12:30PM
 - At Wallingford Public Library (220 North Main Street, Wallingford, CT 06492)
- **Wednesday, October 26th** from 12:30AM to 3:00PM
 - At Wallingford Public Library (220 North Main Street, Wallingford, CT 06492)

*If you cannot make it check your local pharmacy, talk to your healthcare provider, or access “Find Flu Vaccines near you” at <https://www.vaccines.gov/find-vaccines/>



Steps to take if you get flu

1. If you get very sick, are pregnant, or are 65 years or older, or are otherwise at high risk of flu-related complications, call your doctor. You might need antiviral drugs to treat flu.
 2. Stay at home and rest.
 3. Avoid close contact with well people in your house so you won't make them sick.
 4. Drink plenty of water and other clear liquids to prevent fluid loss (dehydration).
- For more information:
 - <https://www.cdc.gov/flu/treatment/index.html>



Caring for people who have flu

1. Avoid being face-to-face with the sick person. If possible, it is best to spend the least amount of time in close contact with a sick person.
 2. When holding sick children, place their chin on your shoulder so they will not cough in your face.
 3. Wash your hands often and right way.
 4. If soap and water are not available, use an alcohol-based hand rub.
 5. Make sure to wash your hands after touching the sick person. Wash after handling their tissues or laundry.
- For more information:
 - <https://www.cdc.gov/flu/treatment/index.html>



Data from CDC: 2021-2022 Preliminary In-Season Burden Estimate in the USA

- CDC estimates that, in the U.S., from **October 1st, 2021** through **June 11th, 2022**, there have been:
- 8,000,000 – 13,000,000: flu illnesses
- 3,700,000 – 6,100,000: flu medical visits
- 82,000 – 170,000: flu hospitalizations
- 5,000 – 14,000: flu deaths

2019-2020 Flu Season: Burden and Burden Averted by Vaccination

During the 2019-2020 season, CDC estimates flu caused:

38
million
flu illnesses

400,000
flu hospitalizations

22,000
flu deaths

It could have been even worse without flu vaccines.

Nearly 52% of the U.S. population 6 months and older got a flu vaccine during the 2019-2020 flu season, and this prevented an estimated:

7.5
million
flu illnesses



More than the combined
population of Kentucky and
Kansas

105,000
hospitalizations



Enough people to fill
Michigan Stadium at the
University of Michigan

6,300
deaths



Equivalent to saving about
17 lives per day over the
course of a year

Imagine the impact if more Americans chose to get a flu vaccine.
Many more flu illnesses, flu hospitalizations, and flu deaths could be prevented.
The estimates for the 2019-2020 influenza season are preliminary pending additional data from the season.

<https://www.cdc.gov/flu/about/burden/index.html>



get vaccinated
www.cdc.gov/flu

September 2020



Connecticut Department of Public Health



Weekly Influenza Update

Influenza data are collected year-round, however, data are presented in terms of the respiratory disease 'season' that is October 1st to April 30th.

For additional information go to [CT DPH Influenza Information](#) or the Centers for Disease Control and Prevention [FLUView](#) page.

Current Report Period: 10/2/2022 - 10/8/2022

Influenza Cases

Current Week	Season to Date
38	65

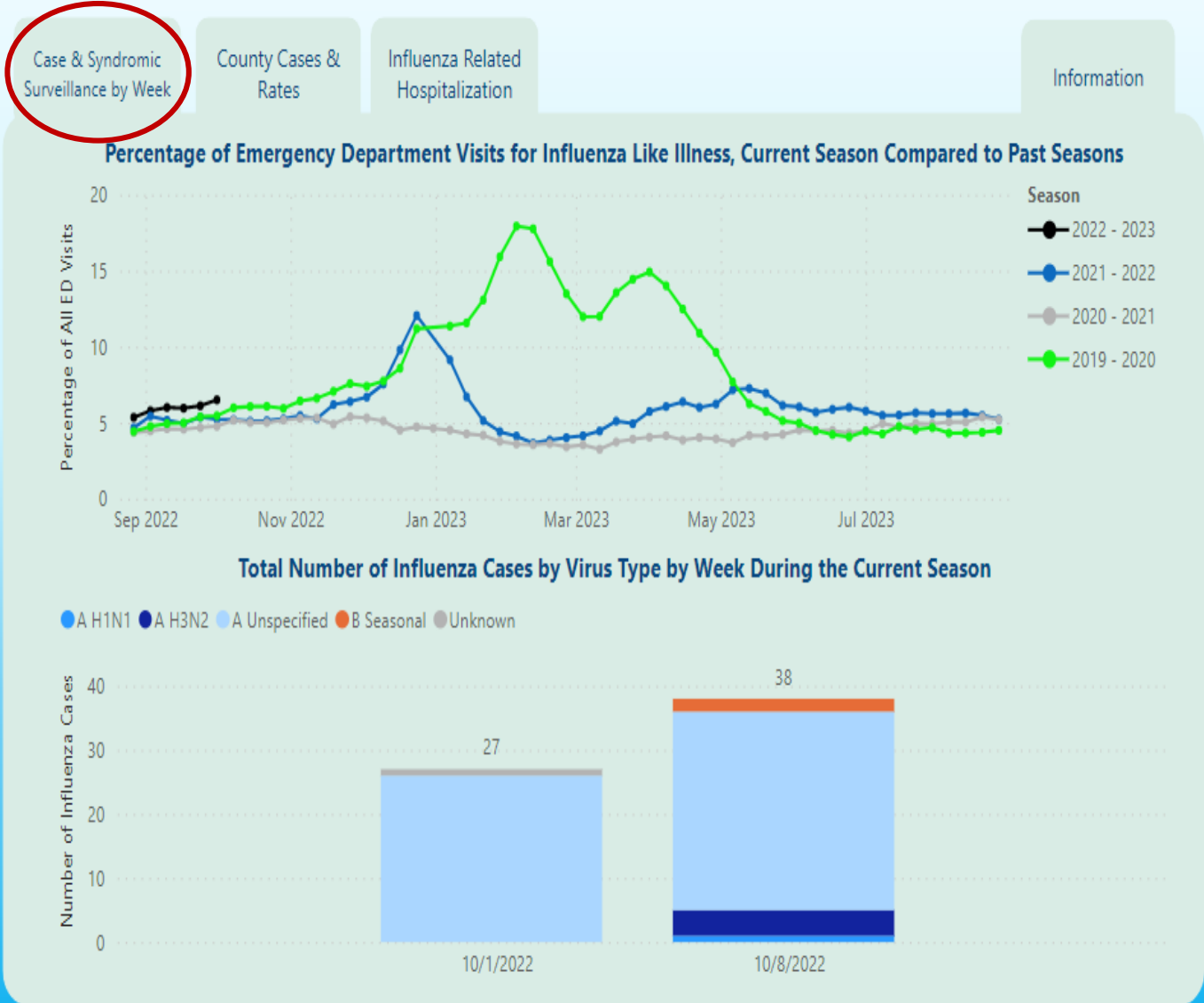
Influenza-associated Hospitalizations

Current Week	Season to Date
2	2

Influenza-associated Deaths

Current Week	Season to Date
0	0

Date of last update: 10/8/2022





Connecticut Department of Public Health



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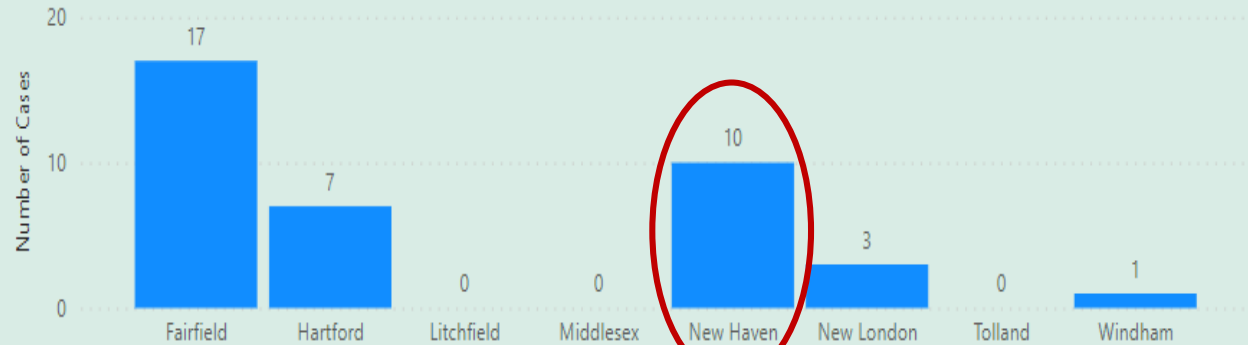
Case & Syndromic Surveillance by Week

County Cases & Rates

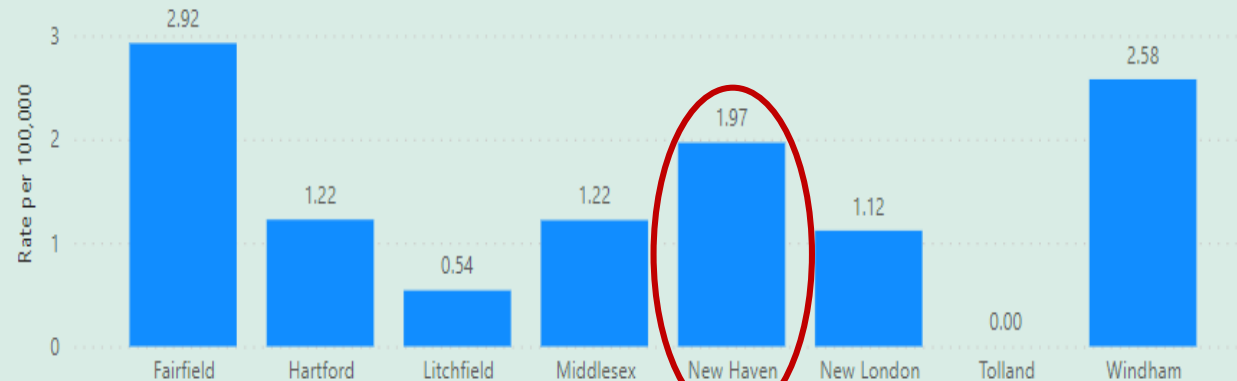
Influenza Related Hospitalization

Information

Number of Influenza Cases by County in Connecticut During the Current Week



Rate of Influenza Cases per 100,000 Persons by County in Connecticut for the Current Season





Connecticut Department of Public Health



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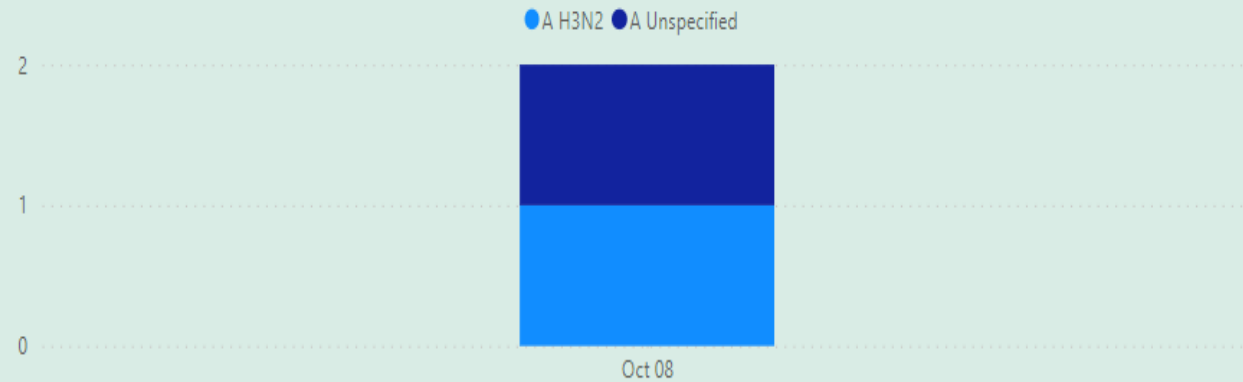
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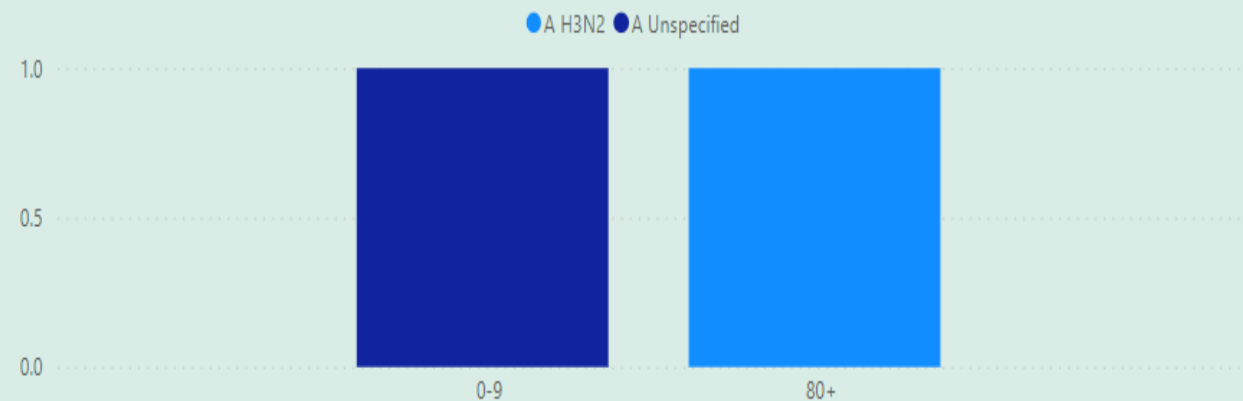
Influenza Related Hospitalization

Information

Total Number of Patients Hospitalized with Laboratory-Confirmed Influenza by Virus Type per Week



Total Number of Patients Hospitalized with Laboratory-Confirmed Influenza by Age Group and Virus Type

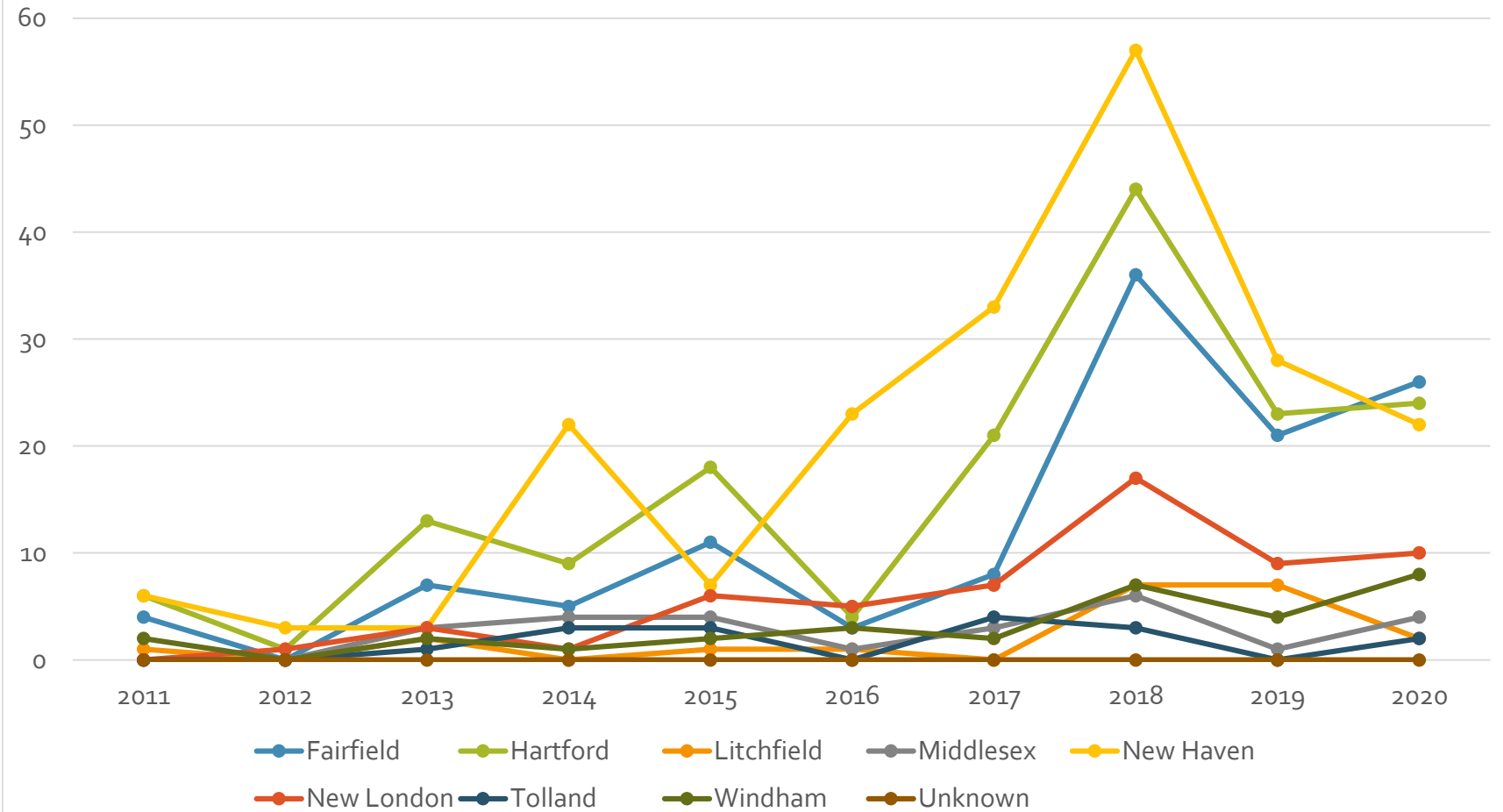


Graph shows how many influenza associated deaths from all ages were reported by county in Connecticut between the years of 2011 and 2020.

New Haven county is represented by the yellow line.

Source: CT DPH

CT DPH Influenza associated deaths, all by County from 2011 to 2020

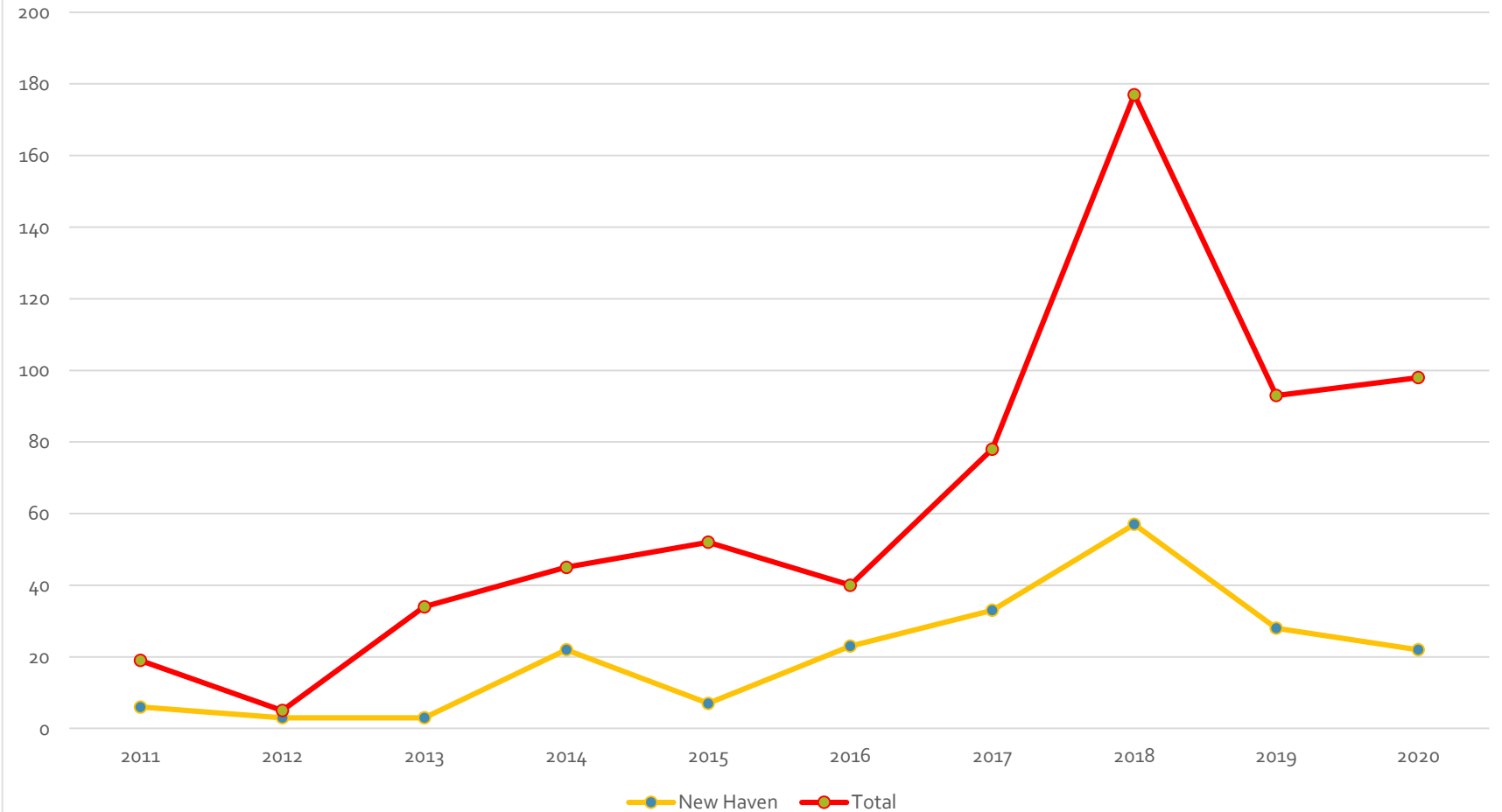


Graph compares how many influenza associated deaths from all ages were reported in New Haven county and the total in Connecticut between the years of 2011 and 2020.

New Haven county is represented by the yellow line, and total count of deaths in Connecticut is represented by the red line.

Source: CT DPH

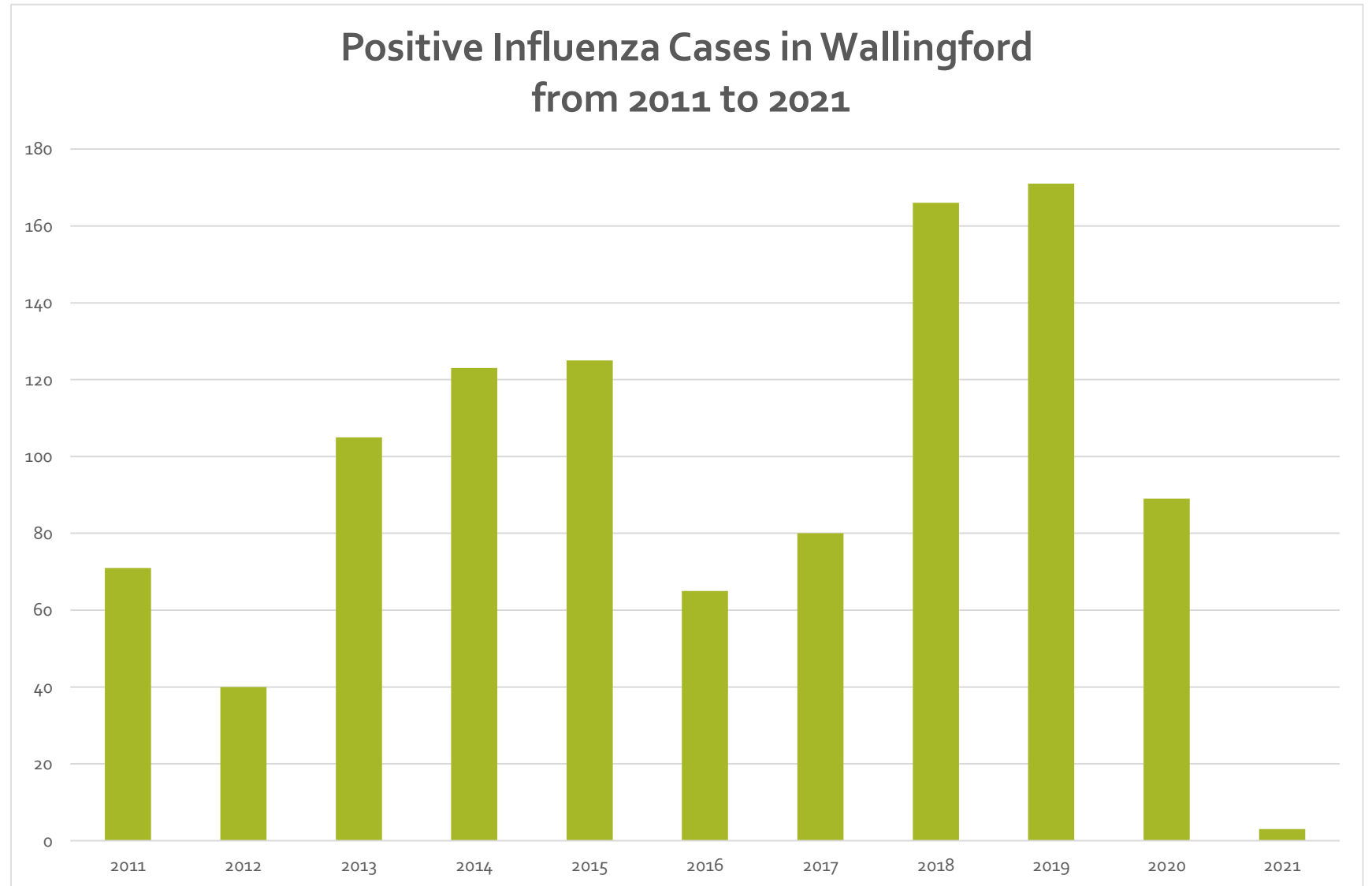
CT DPH Influenza associated deaths, all ages comparing New Haven County and CT from 2011 to 2020



Graph shows the number of positive influenza cases from all ages reported to CT DPH in Wallingford from 2011 to 2021.

It is possible to see a serious decline in number of cases from 2019 (171 cases), to 2020 (89 cases) to 2021 (3 cases). Which could suggest that wearing masks, social distancing, quarantining and isolation, are effective measurements to mitigate the spread of viruses, not only of COVID-19, but also Influenza viruses.

Source: CTEDSS







What should I do if I get sick?

- Most people with flu have mild illness and do not need medical care or antiviral drugs.
- If you get sick with flu symptoms, in most cases, **you should stay home and avoid contact with other people except to get medical care.**
- If, however, you have symptoms of flu and are in a higher-risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).



What should I do while I'm sick?

- Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.



How long should I stay home if I'm sick?

- CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the need to use a fever-reducing medicine, such as Tylenol®. Until then, you should stay home from work, school, travel, shopping, social events, and public gatherings.
- CDC also recommends that children and teenagers (anyone aged 18 years and younger) who have flu or are suspected to have flu should not be given Aspirin (acetylsalicylic acid) or any salicylate containing products (e.g. Pepto Bismol); this can cause a rare, very serious complication called Reye's syndrome. More information about Reye's syndrome can be found [here](#).



Do I need to go to the emergency room if I am only a little sick?

- No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill.
- If you have emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at higher risk of flu complications or you are concerned about your illness, call your health care provider for advice.



What are emergency warning signs of flu?

- People experiencing any of these warning signs should obtain medical care right away.
- **In children**
 - Fast breathing or trouble breathing
 - Bluish lips or face
 - Ribs pulling in with each breath
 - Chest pain
 - Severe muscle pain (child refuses to walk)
 - Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
 - Not alert or interacting when awake
 - Seizures
 - Fever above 104°F
 - In children less than 12 weeks, any fever
 - Fever or cough that improve but then return or worsen
 - Worsening of chronic medical conditions
- **These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.**



What are emergency warning signs of flu?

- People experiencing any of these warning signs should obtain medical care right away.
- **In adults**
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest or abdomen
 - Persistent dizziness, confusion, inability to arouse
 - Seizures
 - Not urinating
 - Severe muscle pain
 - Severe weakness or unsteadiness
 - Fever or cough that improve but then return or worsen
 - Worsening of chronic medical conditions
- **These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.**



Questions about Flu treatment

- **Are there medicines to treat flu?**
 - Yes. There are drugs your doctor may prescribe for treating flu called “antivirals.” These drugs can make you better faster and may also prevent serious complications. See [Treatment – Antiviral Drugs](#) for more information.
- **Can flu be treated?**
 - Yes. There are prescription medications called “influenza antiviral drugs” that can be used to treat flu illness. Antiviral drugs work best when started early, such as one to two days after your flu symptoms begin.
- **What are flu antiviral drugs?**
 - Flu antiviral drugs are prescription medicines (pills, liquid, an inhaled powder, or an intravenous solution) that fight against flu in your respiratory tract. Antiviral drugs are not sold over the counter. You can only get them if you have a prescription from your doctor or health care provider. Antiviral drugs are different from antibiotics, which fight against bacterial infections.
- For more information:
 - <https://www.cdc.gov/flu/treatment/treatment.htm>

What is the difference between Influenza (Flu) and Covid-19?



- Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses.
 - COVID-19 is caused by infection with a coronavirus (SARS-CoV-2) first identified in 2019.
 - Flu is caused by infection with a flu virus ([influenza viruses](#)).
- COVID-19 spreads more easily than flu.
- Compared with flu, COVID-19 can cause more severe illness in some people. Compared to people with flu, people infected with COVID-19 may take longer to show symptoms and may be contagious for longer periods of time.
- You cannot tell the difference between flu and COVID-19 by the symptoms alone because they have some of the same signs and symptoms.
- Specific [testing](#) is needed to tell what the illness is and to confirm a diagnosis.
- Getting treated early for COVID-19 and flu can reduce your risk of getting very sick.
- For more information:
 - <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>



Information and Videos about Flu

- “How does Flu make you sick?” CDC - <https://www.youtube.com/watch?v=MfX6xGdQcoo>
- “What should you do if you get flu?” CDC - <https://youtu.be/ZxsrgzZgz1U>
- “Know the common symptoms of flu” CDC - <https://www.youtube.com/watch?v=RvN2upZYBOs&list=PLoE5oE2oC63FC98Do&index=43&t=os>
- “Feeling sick? Stay home from work to prevent the spread of flu” CDC - <https://www.youtube.com/watch?v=ggw6MZbgUrk&list=PLoE5oE2oC63FC98Do&index=46>
- Other CDC’s videos: <https://www.cdc.gov/flu/resource-center/freeresources/video/media-video.htm>
- “Flu: A Guide for Parents”: <https://www.cdc.gov/flu/pdf/treatment/flu-guide-for-parents.pdf>
- “What you should know about Influenza (Flu) Antiviral Drugs”: <https://www.cdc.gov/flu/pdf/treatment/what-should-know-antiviral.pdf>
- Do you need communication resources for your community, or business? <https://www.cdc.gov/flu/resource-center/index.htm>

Questions and concerns?



- The Wallingford Health Department is here to help!
 - Call: (203) 294-2065, or
 - E-mail: health@wallingfordct.gov
 - Wallingford Health Department Website:
<https://www.wallingfordct.gov/government/departments/health-department/>