

## Influenza Activity Report for Health Service Region 8 MMWR Week 36, Week Ending 09/05/2014

This report covers flu surveillance activities for the 28 counties that comprise Health Service Region 8: Atascosa, Bandera, Bexar, Calhoun, Comal, Dewitt, Dimmit, Edwards, Frio, Gillespie, Goliad, Gonzales, Guadalupe, Jackson, Karnes, Kendall, Kerr, Kinney, La Salle, La Vaca, Maverick, Medina, Real, Uvalde, Val Verde, Victoria, Wilson, and Zavala.

### Flu Activity:

Compared to last week, flu activity remains about the same as last week. All areas in the region are still reporting little or no influenza or influenza-like-illness. One county reported positive influenza B by rapid test.

### Pediatric Deaths:

No influenza-associated pediatric mortalities have occurred locally. 20 influenza-associated pediatric deaths have occurred statewide during the 2013-2014 influenza season.

### Institutional & School Outbreaks

None

### Antiviral Resistance

No antiviral resistant flu reported.

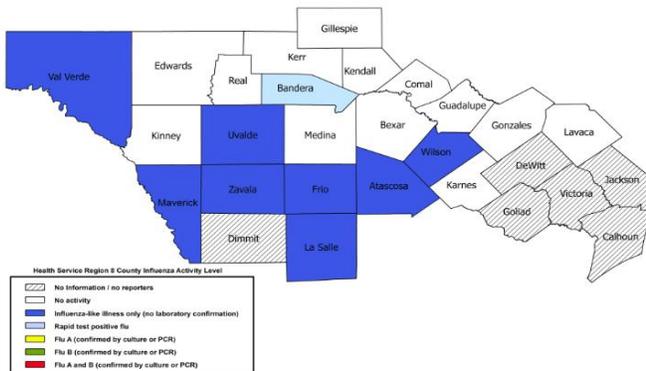
### Variant Influenza Viruses:

No variant or novel influenza viruses have been detected in Texas.

### Prevention

The best way to prevent influenza is to get an influenza vaccine each year as soon as the vaccine is available to the public. Other forms of prevention include hand washing and using alcohol-based hand sanitizers; covering your coughs and sneezes with a disposable tissue or your arm or sleeve; avoiding touching your eyes, nose, or mouth; avoiding close contact with persons who are ill; staying home when you are ill; and taking antiviral medications if prescribed by your doctor. In certain situations (e.g., influenza outbreaks in settings like nursing homes) antiviral medications may be prescribed to high-risk individuals to prevent them from developing influenza illness after exposure to infected individuals.

**Health Service Region 8 Influenza Activity Map**



**Percentage of visits due to Influenza-like-illness reported by Texas ILINet Participants 2010-2014 seasons**

