

Health Service Region 8 Influenza Activity Report MMWR Week 43, Week Ending 10/30/2015



(Corrected)

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

Flu Activity:

Reports were received from 27 counties this week.
Ten counties reported no flu or ILI activity.
Ten counties reported ILI activity only.
Seven counties reported flu by rapid test.
In Region 8, activity in week 42 was about the same as last week.

Pediatric Deaths:

No influenza-associated pediatric deaths were reported during week 37. Seventeen influenza-associated pediatric deaths have been reported in Texas during the 2014-2015 influenza season. Cases of influenza-associated pediatric mortality (children <18 years of age) are reportable year-round and by law in Texas.

Institutional & School Outbreaks- No outbreaks reported during this period.

Antiviral Resistance- No antiviral resistant flu reported.

Variant Influenza Viruses- No variant or novel influenza viruses have been detected in Texas.

Know the Numbers:

20 seconds Washing your hands with soap and water for at least 20 seconds, or as long as it takes to sing the "ABC Song," can get rid of germs.

90 MPH (miles per hour) That's the speed a sneeze can travel as it leaves your body! That's a super-fast way to spread germs so always be sure to cover yourself with a tissue or sneeze into your sleeve.

1,000,000 Eeeeeewww! Did you know that a sneeze can contain up to one million germs? When you sneeze or cough, little germs go flying out of your body so try hard to catch them in a tissue or your sleeve and wash up afterward.

24 hours If you're sick, stay home for at least 24 hours after your fever is gone to avoid spreading the flu to others.



More information is available at:
www.TexasFlu.org

