

## Health Service Region 8 Influenza Activity Report MMWR Week 46 and 47, Weeks Ending 11/20/15 and 11/27/2015



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 20 counties this week.

Four counties reported no flu or ILI activity.

Eight counties reported ILI activity only.

Seven counties reported flu by rapid test.

One county reported flu by PCR.

In Region 8, activity in week 45 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.

### Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, sinus and ear infections are examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.

