

## 2021-2022 Community Influenza Surveillance Report

### Update of Current Status

### March 23<sup>rd</sup>, 2022

#### Overall Assessment

The current level of influenza activity in London and Middlesex County continues to be low. Other regions of Ontario have reported sporadic influenza activity, with both influenza A and influenza B cases being identified. To date, there has been a total of 105 confirmed influenza cases reported in Ontario (97 influenza A, eight influenza B).

#### Analysis and Action

The influenza season is under way in Ontario. London and Middlesex County residents are encouraged to get their seasonal influenza vaccine as soon as possible.

Regardless of the level of local influenza activity, there are a number of easy-to-follow steps residents can take to avoid becoming sick throughout the year. Washing your hands frequently with soap and warm water for 15-20 seconds or using a waterless hand sanitizer (with at least 70 percent alcohol content), remains an effective way to prevent many illnesses, including influenza. Local residents should also continue to follow these recommended COVID-19 prevention practices:

- Cough or sneeze into your elbow,
- Avoid touching your eyes, nose and mouth,
- Clean and disinfect high-touch surfaces, such as doorknobs, frequently,
- Stay home when feeling sick,
- Maintain a physical distance of at least two metres from anyone you do not live with, and
- Even with the lifting of Ontario's masking requirement, the Health Unit continues to recommend wearing a mask in enclosed public places where physical distancing cannot be maintained. Where possible, the Health Unit also recommends maintaining a physical distance of at least two metres (six feet) from people who are not part of your household.

#### Details of Current Local Activity

Between March 13<sup>th</sup> and March 19<sup>th</sup>, there were no laboratory-confirmed cases of influenza A or influenza B reported to the Middlesex-London Health Unit. A total of seven influenza A cases has been reported since surveillance began on August 29<sup>th</sup>, 2021.

Appendix A provides more detail about laboratory-based influenza activity indicators for the current reporting week, as well as other local indicators of respiratory illness.

#### Provincial and National Comparison

In this week's *Ontario Respiratory Pathogen Bulletin*, Public Health Ontario reports that influenza activity in health units across the province was higher than the previous week. In the most recent week, 18 confirmed influenza A cases were reported in Ontario. This is the highest weekly number of cases reported since surveillance began on August 29<sup>th</sup>, 2021.

In this week's *FluWatch*, the Public Health Agency of Canada reports activity across Canada has increased in recent weeks but remains low for this time of year. Low numbers of sporadic local influenza cases continue to be reported with no evidence of community circulation.

- The latest *Ontario Respiratory Pathogen Bulletin*, issued by Public Health Ontario (PHO), is available at <https://www.publichealthontario.ca/en/data-and-analysis/commonly-used-products/respiratory-pathogens-weekly>
- The latest *FluWatch* report, issued by the Public Health Agency of Canada (PHAC), is available at <https://www.canada.ca/en/public-health/services/diseases/flu-influenza/influenza-surveillance/weekly-influenza-reports.html>

## Appendix A

### Summary of Community Influenza Surveillance Indicators for Middlesex-London March 13<sup>th</sup> and March 19<sup>th</sup>, 2022

**Table 1: Summary of laboratory-based influenza activity indicators, Middlesex-London and Ontario, 2021-2022 influenza surveillance season**

Indicator	Reporting Period	Number Reported: <i>Current Reporting Period</i>	Number Reported: <i>Year to Date</i> <i>(from August 29, 2021)</i>	Recent Trends
Laboratory-confirmed cases <sup>1,4</sup>	Mar. 13 - 19 (week 11) <sup>2</sup>	Influenza A – 0 cases Influenza B – 0 cases	Influenza A – 7 cases Influenza B – 0 cases	Influenza A: <b>Same</b> as the previous week (Mar. 6 - 12) when no cases were reported.  Influenza B: <b>Same</b> as the previous week (Mar. 6 - 12) when no cases were reported.
Influenza sub-types <sup>1</sup>	Mar. 13 - 19	Influenza A (H3) – 0 cases Influenza A not yet subtyped – 0 cases	Influenza A (H3) – 3 cases Influenza A not yet subtyped – 4 cases	N/A
Hospitalizations <sup>1,5</sup>	Mar. 13 - 19	0	0	<b>Same</b> as the previous week (Mar. 6 - 12) when no hospitalizations were reported.
Deaths <sup>1,5</sup>	Mar. 13 - 19	0	0	<b>Same</b> as the previous week (Mar. 6 - 12) when no deaths were reported.
Influenza outbreaks in long-term care homes/retirement homes/acute care	Mar. 13 - 19	Influenza A – 0 outbreaks Influenza B – 0 outbreaks	Influenza A – 0 outbreaks Influenza B – 0 outbreaks	No local institutional influenza outbreaks declared to date.
Percentage of samples that are positive for influenza (Ontario) <sup>3</sup>	Mar. 6 - 12 (week 10) <sup>2</sup>	Influenza A – 0.2% positivity Influenza B – 0% positivity	N/A	Influenza A: <b>Same</b> as 0.2% positivity reported the previous week (Feb. 27 - Mar. 5).  Influenza B: <b>Same</b> as 0% positivity reported the previous week (Feb. 27 - Mar. 5).

**Notes:**

1 Numbers are subject to change week by week due to the retrospective nature of reporting.

2 Weekly influenza monitoring often uses numbered weeks from 1 to 52 weeks per year. A reference week calendar can be found at <https://www.canada.ca/en/public-health/services/diseases/flu-influenza/influenza-surveillance/fluwatch-weeks-calendar.html>

3 Public Health Ontario, [Ontario Respiratory Pathogen Bulletin](#) 2021-2022. Numbers reported represent results submitted to CIRID from 17 participating labs in Ontario and does not include all testing laboratories, [ORPB Interactive Website Data Caveats and Glossary](#)

4 The week cases are reported to the Health Unit may not be the same as week of illness onset.

5 The week hospitalizations and deaths are reported to the Health Unit may not be the same as the week in which they occurred, or the same as the week of illness onset.

**Table 2: Summary of community-based respiratory illness indicators, Middlesex-London, 2021-2022 influenza surveillance season**

Indicator	Reporting Period	Number Reported: <i>Current Reporting Period</i>	Recent Trends
<b>Middlesex-London hospital emergency department visits - percentage of patients with respiratory or fever symptoms<sup>1</sup></b>	Mar. 13 - 19	An average of 6.2% of patients presented with respiratory symptoms.  An average of 2.5% of patients presented with influenza-like illness (fever) symptoms.	<b>Similar</b> to 5.8% reported the previous week (Mar. 6 - 12).  <b>Similar</b> to 3.0% reported the previous week (Mar. 6 - 12).
<b>Real-time Viral Respiratory Surveillance<sup>2</sup> - Middlesex-London</b>	Mar. 13 - 19	Activity/Risk Level: Low or <b>Green</b> (No significant impacts).	<b>Same</b> level, Low (or <b>Green</b> ) as reported the previous week (Mar. 6 - 12).

<sup>1</sup> [Acute Care Enhanced Surveillance](#) (ACES) Application is a real-time syndromic surveillance system. This source will be influenced by COVID-19 activity.

<sup>2</sup> [Viral Respiratory Mapper](#) uses data from ACES (above). Activity/Risk Levels range from Green, Yellow, Orange and Red.

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