
2018-2019 Community Influenza Surveillance Report

Update of Current Status

January 30th, 2019

Overall Assessment

The current level of influenza activity in the Middlesex-London region is moderate, with cases being reported across London and Middlesex County.

Analysis and Action

The Middlesex-London region, and Ontario in general, are now several weeks into the influenza season. The Health Unit encourages local residents who have not yet received their seasonal influenza vaccine to do so as soon as possible, as it takes about two weeks for the vaccine to provide optimal protection against the flu.

Regardless of the level of local influenza activity, there are a number of easy-to-follow steps that residents can take to avoid becoming sick throughout the year. While washing your hands with soap and warm water, or using an alcohol-based hand sanitizer, remain effective ways of preventing many illnesses, including influenza, local residents should also cover their coughs and sneezes, clean and disinfect high-touch surfaces frequently, and stay home when they feel sick.

Details of Current Local Activity

Between January 20th and 26th there were 26 laboratory-confirmed cases of influenza A reported to the Health Unit. Of these, 10 were hospitalized; no deaths were reported to the Health Unit last week.

Appendix A provides additional details about laboratory-based influenza activity indicators for the current reporting week, as well as other local indicators of respiratory illness. A graph showing all 119 laboratory-confirmed cases by week of illness onset is provided at the end of this report in Appendix B.

Provincial and National Comparison

In this week's *Ontario Respiratory Pathogen Bulletin*, Public Health Ontario states that influenza activity across the province was comparable to what had been reported the previous week. Influenza A activity across Ontario is moderate, while influenza B activity remains low. Among the influenza A specimens that have been subtyped this season, 79.1% have been the A(H1N1)pdm09 strain.

This week's *FluWatch*, from the Public Health Agency of Canada, reports that laboratory detections of influenza continued to decline when compared to previous weeks. To date this season, the most common influenza virus identified is influenza A, with 94% of subtyped specimens being the A(H1N1)pdm09 strain. The majority (86%) of influenza A(H1N1)pdm09 cases have been among those under the age of 65 years, while 62% of all influenza A(H3N2) cases have been among those 65 years of age and over. *FluWatch* also reports that the mid-season vaccine effectiveness estimates for Canada indicate that this season's influenza vaccine is approximately 72% effective against the influenza A(H1N1)pdm09 strain.

- The latest *Ontario Respiratory Pathogen Bulletin*, issued by Public Health Ontario (PHO), is available at <http://www.publichealthontario.ca/en/ServicesAndTools/SurveillanceServices/Pages/Ontario-Respiratory-Virus-Bulletin.aspx>
- The latest *FluWatch* report, issued by the Public Health Agency of Canada (PHAC), is available at <http://www.phac-aspc.gc.ca/fluwatch/>

Appendix A

Summary of Community Influenza Surveillance Indicators for Middlesex-London January 20th to 26th, 2019

Table 1: Summary of laboratory-based influenza activity indicators, Middlesex-London and Ontario, 2018-2019 influenza surveillance season

Indicator	Reporting Period	Number Reported: <i>Current Reporting Period</i>	Number Reported: <i>Year to Date (from September 1, 2018)</i>	Recent Trends
Laboratory-confirmed cases^{1, 4}	Jan. 20-26 (week 3) ²	Influenza A – 26 cases Influenza B – 0 cases	Influenza A – 119 cases Influenza B – 0 cases	Influenza A: Higher than the previous week (Jan. 13-19) when 13 cases were reported. Influenza B: Same as the previous week (Jan. 13-19) when no cases were reported.
Influenza sub-types¹	Jan. 20-26	Influenza A (H3) – 3 cases Influenza A (H1N1)pdm09 – 2 cases Influenza A not yet subtyped – 21 cases	Influenza A (H3) – 6 cases Influenza A (H1N1)pdm09 – 20 cases Influenza A not yet subtyped – 93 cases	
Hospitalizations^{1, 5}	Jan. 20-26	10	65	Higher than the previous week (Jan. 13-19) when seven hospitalizations were reported.
Deaths^{1, 5}	Jan. 20-26	0	3	Lower than the previous week (Jan. 13-19) when one death was reported.
Influenza outbreaks in long-term care homes/retirement homes/acute care	Jan. 20-26	Influenza A – 1 outbreak Influenza B – 0 outbreaks	Influenza A – 5 outbreaks Influenza B – 0 outbreaks	Influenza A: Lower than the previous week (Jan. 13-19) when two outbreaks were reported. Influenza B: Same as the previous week (Jan. 13-19) when no outbreaks were reported.
Percentage of samples that are positive for influenza (Ontario)³	Jan. 13-19 (week 2) ²	Influenza A – 17.3% positivity Influenza B – 0.3% positivity	N/A	Influenza A: Similar to 17.1% positivity reported the previous week (Jan. 6-12). Influenza B: Same as 0.3% positivity reported the previous week (Jan. 6-12).

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 2018-2019

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, 2018-2019 influenza surveillance season

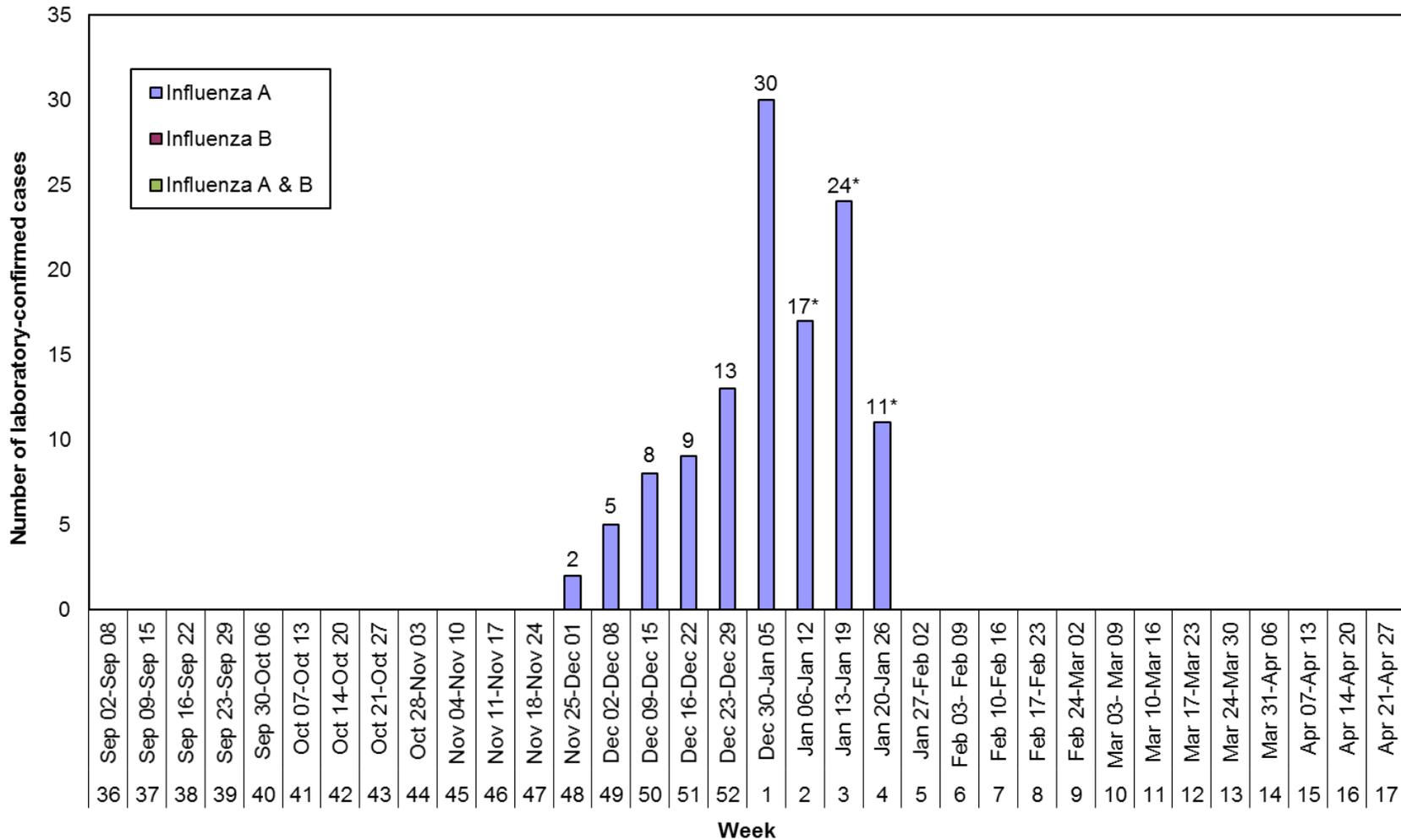
Indicator	Reporting Period	Number Reported: <i>Current Reporting Period</i>	Recent Trends
Hospital emergency room reports regarding the percentage of patients with fever and respiratory illness	Jan. 20-26	An average of 10.5% of patients presented with fever and respiratory symptoms. The proportion was highest at the pediatric emergency department, where 31.1% of patients presented with a fever and respiratory symptoms.	Higher than 9.4% reported the previous week (Jan. 13-19). Higher than 26.0% reported the previous week (Jan. 13-19).
Absence reports from elementary schools (i.e., absenteeism > 10%)	Jan. 21-25	Data not reported due to weather-related bus cancellations influencing absenteeism.	

The Middlesex-London Health Unit gratefully acknowledges the contributions of the following community partners who provide data for this report:

- London Health Sciences Centre
- St. Joseph's Health Care London
- Thames Valley District School Board

Appendix B

Laboratory-confirmed influenza cases, by influenza date† Middlesex-London 2018-2019 influenza season (N=119)



Source: Middlesex-London Health Unit internal influenza case tracking database, extracted January 29, 2019.

† 'Influenza date' is the earliest of: symptom onset date, specimen collection date, and reported date. As a result, the weekly counts shown in this section differ from those provided in other sections of this report.

* Counts may be incomplete and are subject to change due to the retrospective nature of reporting.