



Maryland Weekly Influenza Surveillance Activity Report

A summary of influenza surveillance indicators reported to Maryland Department of Health (MDH) for the week ending October 5, 2019

Prepared by the Division of Infectious Disease Surveillance
Prevention and Health Promotion Administration
Maryland Department of Health

*The data presented in this document are provisional and subject to change as additional reports are received.
Percentages may not total 100 due to rounding.*

SUMMARY

During the week ending October 5, 2019 influenza-like illness (ILI) intensity in Maryland was **MINIMAL** and there was **SPORADIC** geographic activity. The proportion of outpatient visits for ILI reported by Sentinel Providers was below baseline. The proportion of outpatient visits for ILI reported by Maryland Emergency Departments was low and comparable to the levels observed at the start of past seasons. Clinical laboratories reported a low proportion of specimens testing positive for influenza. Although Maryland has had positive influenza cases over the past few weeks, no specimens tested positive for influenza at the MDH lab in the first week of the influenza season. There were 3 influenza-associated hospitalizations.

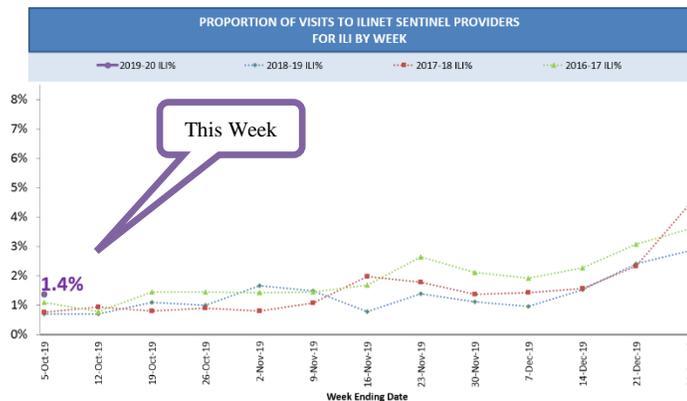
[Click here to visit our influenza surveillance web page](#)

ILI Intensity Levels
✓ Minimal
Low
Moderate
High

Influenza Geographic Activity
No Activity
✓ Sporadic
Local
Regional
Widespread

ILINet Sentinel Providers

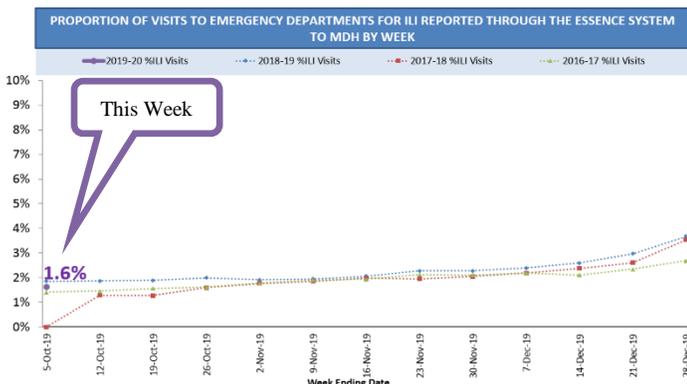
Sixty two providers reported a total of 48,745 visits this week. Of those, 664 (1.4%) were visits for ILI. This is **below** the Maryland baseline of **1.9%**.



ILI Visits To Sentinel Providers By Age Group	This Week Number (%)	Last Week Number (%)	2018-2019 Season Number (%)
Age 0-4	197 (30%)	-	1,759 (33%)
Age 5-24	192 (29%)	-	2,226 (42%)
Age 25-49	169 (25%)	-	671 (13%)
Age 50-64	63 (9%)	-	385 (7%)
Age ≥ 65	43 (6%)	-	244 (5%)
Total	664 (100%)	-	5,285 (100%)

Visits to Emergency Departments for ILI

Emergency Departments in Maryland reported a total of 62,135 visits this week through the [ESSENCE surveillance system](#). Of those, 1,020 (1.6%) were visits for ILI.



ILI Visits To Emergency Departments By Age Group	This Week Number (%)	Last Week Number (%)	2018-2019 Season Number (%)
Age 0-4	255 (25%)	-	13,282 (19%)
Age 5-24	316 (31%)	-	20,932 (31%)
Age 25-49	289 (28%)	-	20,723 (30%)
Age 50-64	107 (10%)	-	8,490 (12%)
Age ≥ 65	53 (5%)	-	4,693 (7%)
Total	1,020 (100%)	-	68,120 (100%)

Neighboring states' influenza information:

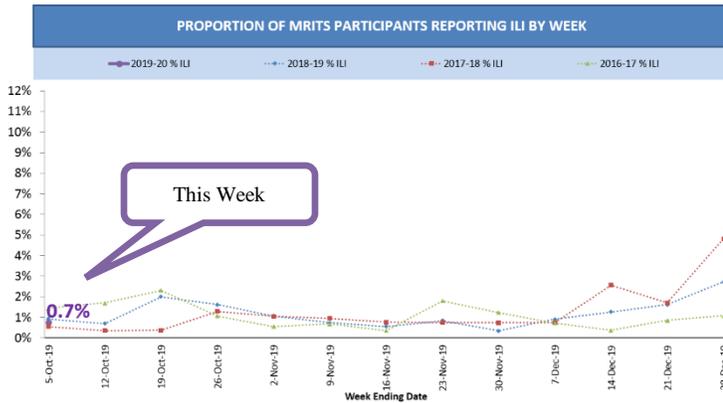
- Delaware <http://dhss.delaware.gov/dph/epi/influenzahome.html>
- District of Columbia <http://doh.dc.gov/service/influenza>
- Pennsylvania <http://www.health.pa.gov/My%20Health/Diseases%20and%20Conditions/I-L/Pages/Influenza.aspx#.V-LtaPkrJD8>
- Virginia <http://www.vdh.virginia.gov/epidemiology/influenza-flu-in-virginia/influenza-surveillance/>
- West Virginia <http://dhhr.wv.gov/oeps/disease/flu/Pages/fluSurveillance.aspx>

Maryland Weekly Influenza Surveillance Activity Report

A summary of influenza surveillance indicators reported to MDH for the week ending October 5, 2019

Community-based Influenza Surveillance (MRITS)

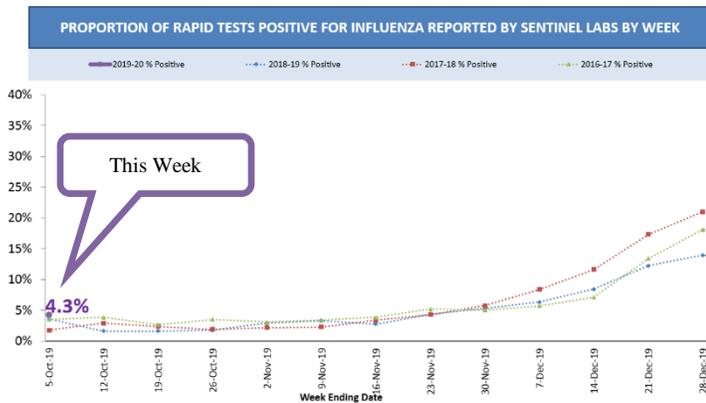
MRITS is the Maryland Resident Influenza Tracking System, a weekly survey for influenza-like illness (ILI). A total of 541 residents responded to the [MRITS survey](#) this week. Of those, 4 (0.7%) reported having ILI and missing 7 days of regular daily activities.



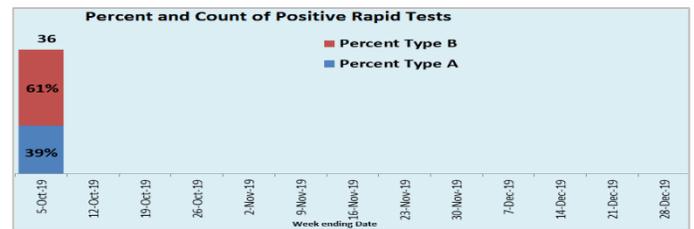
MRITS Respondents Reporting ILI By Age Group	This Week Number (%)	Last Week Number (%)	2018-2019 Season Number (%)
Age 0-4	2 (50%)	-	15 (6%)
Age 5-24	0 (0%)	-	62 (27%)
Age 25-49	2 (50%)	-	58 (25%)
Age 50-64	0 (0%)	-	55 (24%)
Age ≥ 65	0 (0%)	-	43 (18%)
Total	4 (100%)	-	233 (100%)

Clinical Laboratory Influenza Testing

There were 53 clinical laboratories reporting 839 influenza diagnostic tests, mostly rapid influenza diagnostic tests (RIDTs). Of those, 36 (4.3%) were positive for influenza. Of those testing positive, 14 (39%) were influenza Type A and 22 (61%) were influenza Type B. The [reliability of RIDTs](#) depends largely on the conditions under which they are used. False-positive (and true-negative) results are more likely to occur when the disease prevalence in the community is low, which is generally at the beginning and end of the influenza season and during the summer.

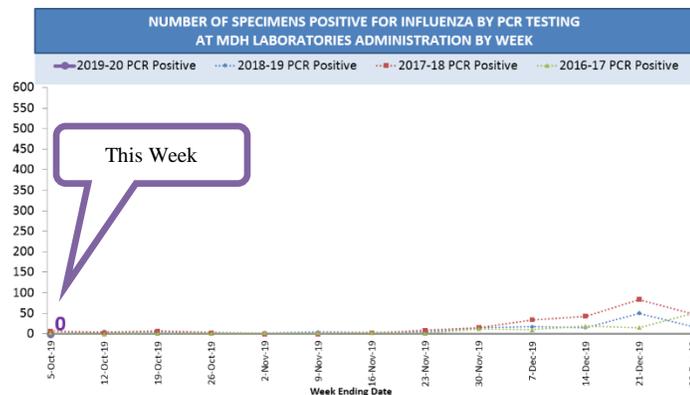


Positive Rapid Flu Tests by Type	This Week Number (%)	Last Week Number (%)	2018-2019 Season Number (%)
Type A	14 (39%)	-	23,146 (88%)
Type B	22 (61%)	-	3,268 (12%)
Total	36 (100%)	-	26,414 (100%)



State Laboratories Administration Influenza Testing

The MDH Laboratories Administration performed a total of 18 Polymerase chain reaction (PCR) tests for influenza and none tested positive for influenza. PCR testing is more reliable than RIDT. The MDH testing identifies subtypes of influenza A and lineages of influenza B, information that is not available from the RIDT results. The table below summarizes results by type, subtype, and lineage.



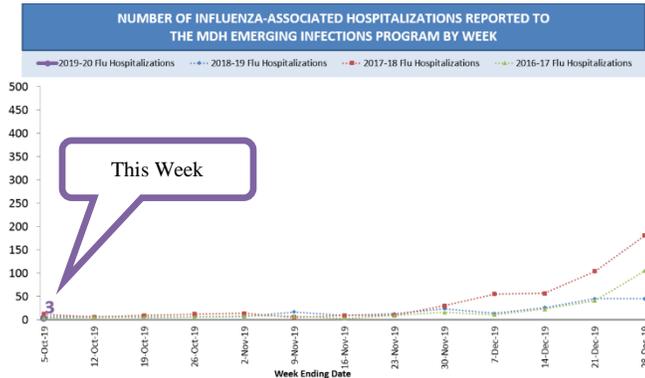
Positive PCR Tests by Type (Subtype)	This Week Number (%)	Last Week Number (%)	2018-2019 Season Number (%)
Type A (H1)	0 (0%)	-	2,468 (60%)
Type A (H3)	0 (0%)	-	1,504 (36%)
Type B (Victoria)	0 (0%)	-	103 (2%)
Type B (Yamagata)	0 (0%)	-	52 (1%)
Dual Type A(H1/H3)	0 (0%)	-	9 (<1%)
Total	0 (0%)	-	4,136 (100%)

Maryland Weekly Influenza Surveillance Activity Report

A summary of influenza surveillance indicators reported to MDH for the week ending October 5, 2019

Influenza-associated Hospitalizations

A total of 3 influenza-associated hospitalizations were reported this week. (A person with an overnight hospital stay along with a positive influenza test of any kind, e.g., RIDT or PCR, is considered an “influenza-associated hospitalization” for purposes of influenza surveillance.) This surveillance is conducted as a component of the Maryland Emerging Infections Program.



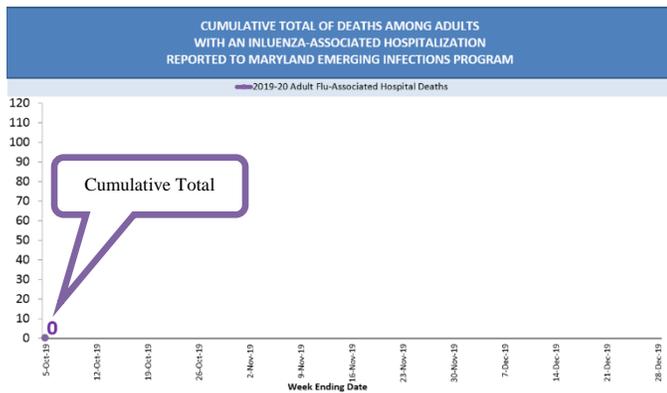
Influenza-Associated Hospitalizations by Age Group	This Week Number (%)	Last Week Number (%)	2018-2019 Season Number (%)
Age 0-4	0 (0%)	-	238 (7%)
Age 5-17	0 (0%)	-	161 (5%)
Age 18-24	0 (0%)	-	70 (2%)
Age 25-49	2 (67%)	-	533 (16%)
Age 50-64	0 (0%)	-	864 (26%)
Age ≥ 65	1 (33%)	-	1,408 (43%)
Total	3 (100%)	-	3,274 (100%)

Influenza-associated Deaths

An influenza-associated death is one with a clinically compatible illness and a positive influenza test of any kind.

Pediatric Deaths: No pediatric (< 18 years of age) deaths reported. Influenza-associated pediatric mortality is a reportable condition in Maryland. Pediatric deaths are tracked without regard to hospitalization.

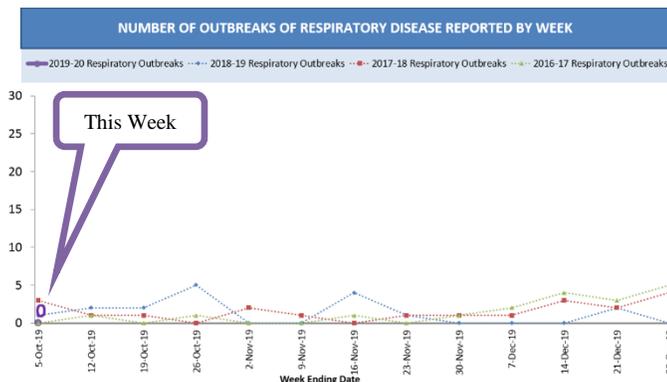
Adult Deaths Among Hospitalized Patients: No deaths have been reported among adults admitted to Maryland hospitals. Influenza-associated adult mortality is *not* a reportable condition in Maryland. However, surveillance for mortality in hospitalized adults is conducted as a component of the Maryland Emerging Infections Program.



Influenza-Associated Deaths	Cumulative Season Total
Pediatric Deaths (Age < 18)	0
Adult Deaths (in hospitalized cases)	0

Outbreaks of Respiratory Disease

There were no respiratory outbreaks reported to MDH this week. (Disease outbreaks of any kind are reportable in Maryland. Respiratory outbreaks may be reclassified once a causative agent is detected, e.g., from ILI to influenza.)



Respiratory Outbreaks by Type	This Week Number (%)	Last Week Number (%)	2018-2019 Season Number (%)
Influenza	0 (0%)	-	94 (72%)
Influenza-like illness	0 (0%)	-	23 (18%)
Pneumonia	0 (0%)	-	14 (11%)
Other Respiratory	0 (0%)	-	0 (0%)
Total	0 (0%)	-	131 (100%)

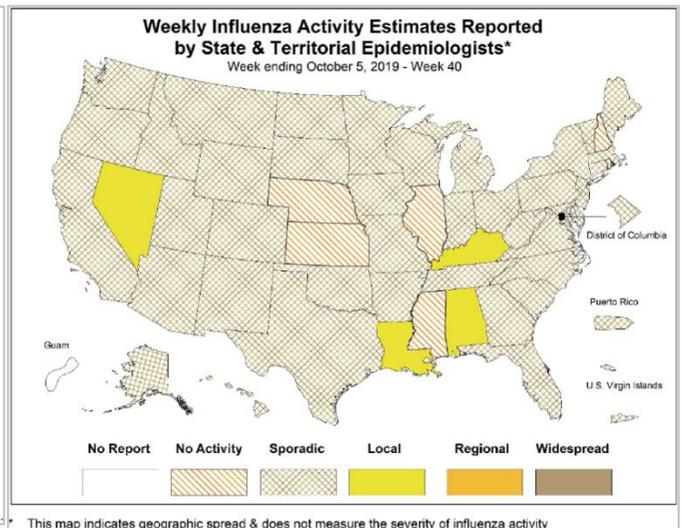
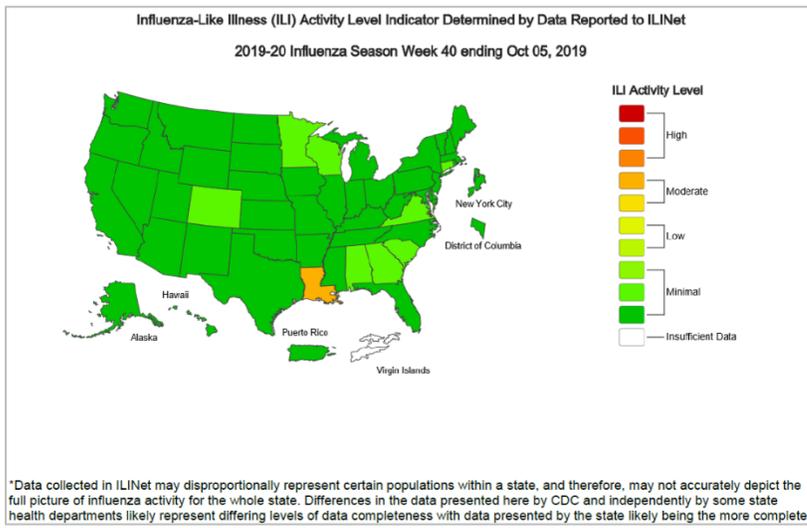
Maryland Weekly Influenza Surveillance Activity Report

A summary of influenza surveillance indicators reported to MDH for the week ending October 5, 2019

National Influenza Surveillance (CDC)

Seasonal influenza activity remains low in the United States.

- **Viral Surveillance:** Influenza A viruses predominated this week with equal numbers of (H3N2) and (H1N1)pdm09 viruses reported.
- **Influenza-like Illness Surveillance:** 1.4% of visits to a health care provider were for ILI. ILI activity remains below the national baseline of 2.4% but increased slightly from the previous week.
- **Geographic Spread of Influenza:** 4 out of 53 jurisdictions reported local flu activity; the remainder reported sporadic or no flu activity.
- **Pneumonia and Influenza Mortality:** 5.0% of deaths were attributed to pneumonia and influenza (P&I). This is below the epidemic threshold of 5.6%.
- **Influenza-associated Pediatric Deaths:** No influenza-associated pediatric deaths occurring during the 2019-20 season have been reported to CDC. 138 pediatric deaths occurring during the 2018-2019 season have been reported.
- **Outpatient Illness Surveillance:** Nationwide during week 40, 1.4% of patient visits reported through the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet) were due to influenza-like illness (ILI). This percentage is below the national baseline of 2.4%. (*ILI is defined as fever (temperature of 100°F [37.8°C] or greater) and cough and/or sore throat.*)
- On a regional level, the percentage of outpatient visits for ILI ranged from 0.8% to 2.2% during week 40. All regions reported a percentage of outpatient visits for ILI below their region-specific baselines.



Where to get an influenza vaccination

Interested in getting a flu vaccine for the 2019-20 influenza season? Go to <https://phpa.health.maryland.gov/influenza/Pages/getvaccinated.aspx> and click on your county/city of residence. You will be redirected to your local health department website for local information on where to get your flu vaccine.