Maryland Weekly Influenza Surveillance Activity Report

A summary of influenza surveillance indicators reported to Maryland Department of Health (MDH) for the week ending November 9, 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 November 9, 2019 influenza-like illness (ILI) intensity in Maryland was **MINIMAL** and there was **WIDESPREAD** geographic activity. The proportion of outpatient visits for ILI reported by Sentinel Providers increased. The proportion of outpatient visits for ILI reported by Maryland Emergency Departments also increased. The percent of specimens that tested positive in clinical laboratories this week increased. MDH laboratory confirmed one influenza positive specimen. There were no respiratory outbreaks.

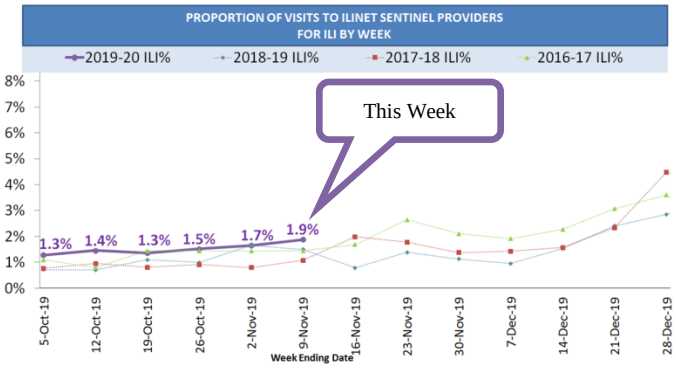
Click here to visit our influenza surveillance web page

ILI Intensity Levels
✓ **Minimal**
Low
Moderate
High

Influenza Geographic Activity
No Activity
Sporadic
Local
Regional
✓ **Widespread**

ILINet Sentinel Providers

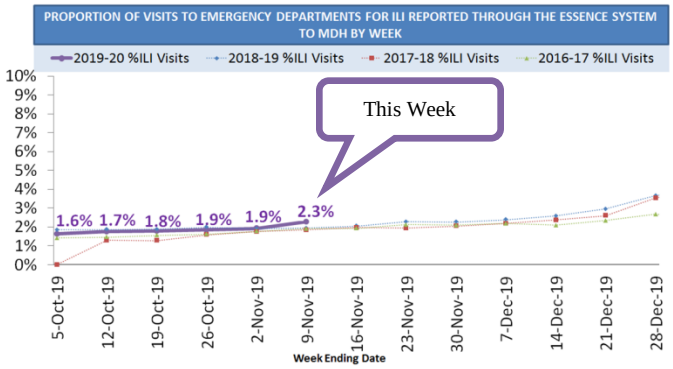
Seventy providers reported a total of 48,895 visits this week. Of those, 913 (1.9%) were visits for ILI. This is **at** the Maryland baseline of **1.9%**.



ILI Visits To Sentinel Providers By Age Group	This Week Number (%)	Last Week Number (%)	Season Number (%)
Age 0-4	295 (32%)	277 (34%)	1,396 (31%)
Age 5-24	274 (30%)	270 (33%)	1,368 (30%)
Age 25-49	215 (24%)	165 (20%)	1,052 (23%)
Age 50-64	62 (7%)	71 (9%)	424 (9%)
Age ≥ 65	67 (7%)	42 (5%)	311 (7%)
Total	913 (100%)	825 (100%)	4,551 (100%)

Visits to Emergency Departments for ILI

Emergency Departments in Maryland reported a total of 55,702 visits this week through the ESSENCE surveillance system. Of those, 1,271 (2.3%) were visits for ILI.



ILI Visits To Emergency Departments By Age Group	This Week Number (%)	Last Week Number (%)	Season Number (%)
Age 0-4	352 (28%)	312 (28%)	1,694 (26%)
Age 5-24	388 (31%)	352 (32%)	2,038 (31%)
Age 25-49	345 (27%)	274 (25%)	1,815 (27%)
Age 50-64	107 (8%)	104 (9%)	678 (10%)
Age ≥ 65	79 (6%)	55 (5%)	406 (6%)
Total	1,271 (100%)	1,097 (100%)	6,631 (100%)

Neighboring states' influenza information:

Delaware	http://dhss.delaware.gov/dph/epi/influenzahome.html
District of Columbia	http://doh.dc.gov/service/influenza
Pennsylvania	https://www.health.pa.gov/topics/disease/Flu/Pages/Flu.aspx
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

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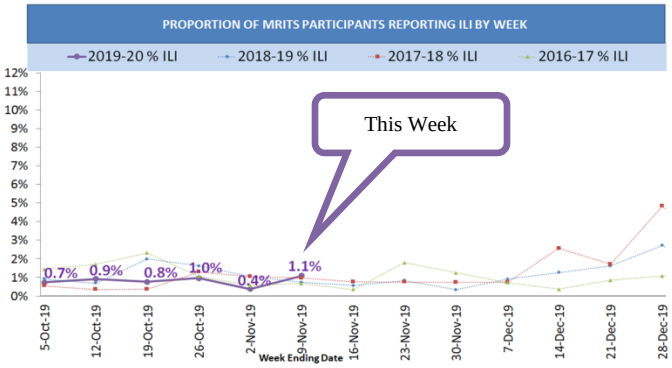
Community-based Influenza Surveillance (MRITS)

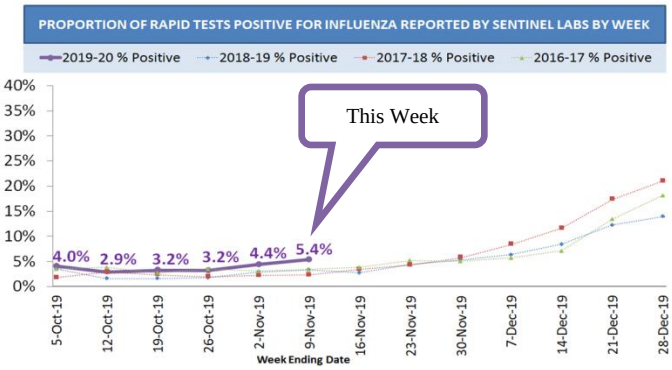
MRITS is the Maryland Resident Influenza Tracking System, a weekly survey for influenza-like illness (ILI). A total of 548 residents responded to the MRITS survey this week. Of those, 6 (1.1%) reported having ILI and missing 9 days of regular daily activities.



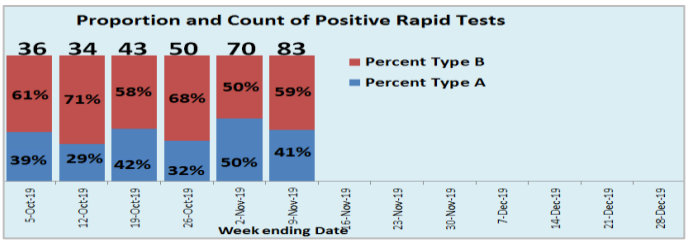
MRITS Respondents Reporting ILI By Age Group	This Week Number (%)	Last Week Number (%)	Season Number (%)
Age 0-4	1 (17%)	0 (0%)	7 (27%)
Age 5-24	1 (17%)	0 (0%)	2 (8%)
Age 25-49	1 (17%)	0 (0%)	5 (19%)
Age 50-64	2 (33%)	1 (50%)	7 (27%)
Age ≥ 65	1 (17%)	1 (50%)	5 (19%)
Total	6 (100%)	2 (100%)	26 (100%)

Clinical Laboratory Influenza Testing

There were 57 clinical laboratories reporting 1,543 influenza diagnostic tests, mostly rapid influenza diagnostic tests (RIDTs). Of those, 83 (5.4%) were positive for influenza. Of those testing positive, 34 (41%) were influenza Type A and 49 (59%) 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.

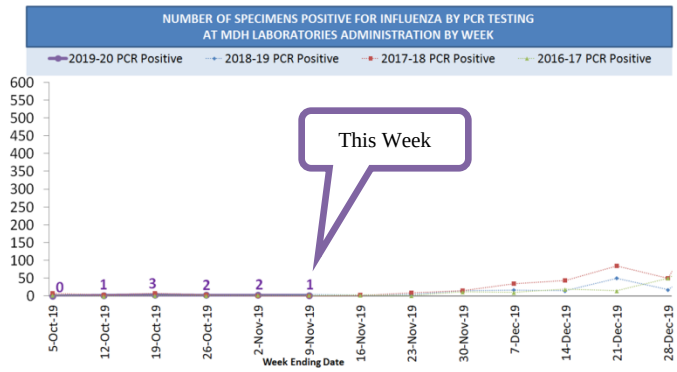


Positive Rapid Flu Tests by Type	This Week Number (%)	Last Week Number (%)	Season Number (%)
Type A	34 (41%)	35 (50%)	127 (40%)
Type B	49 (59%)	35 (50%)	189 (60%)
Total	83 (100%)	70 (100%)	316 (100%)



State Laboratories Administration Influenza Testing

The MDH Laboratories Administration performed a total of 33 polymerase chain reaction (PCR) tests for influenza and one 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 (%)	Season Number (%)
Type A (H1)	0 (0%)	1 (50%)	2 (22%)
Type A (H3)	1 (100%)	1 (50%)	6 (67%)
Type B (Victoria)	0 (0%)	0 (0%)	1 (11%)
Type B (Yamagata)	0 (0%)	0 (0%)	0 (0%)
Dual Type A(H1/H3)	0 (0%)	0 (0%)	0 (0%)
Total	1 (100%)	2 (100%)	9 (100%)

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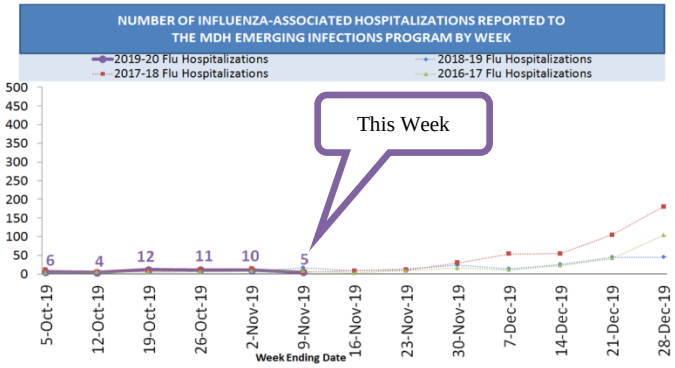
Influenza-associated Hospitalizations

Five influenza-associated hospitalization cases 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.



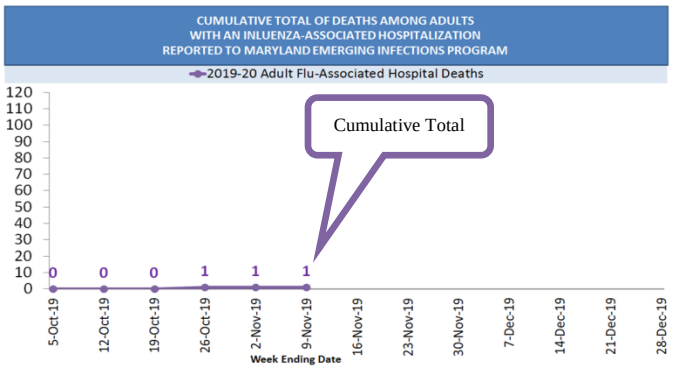
Influenza-Associated Hospitalizations by Age Group	This Week Number (%)	Last Week Number (%)	Season Number (%)
Age 0-4	2 (40%)	1 (10%)	6 (13%)
Age 5-17	0 (0%)	1 (10%)	2 (4%)
Age 18-24	0 (0%)	0 (0%)	2 (4%)
Age 25-49	1 (20%)	4 (40%)	11 (23%)
Age 50-64	0 (0%)	0 (0%)	4 (8%)
Age ≥ 65	2 (40%)	4 (40%)	23 (48%)
Total	5 (100%)	10 (100%)	48 (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 were reported.
Influenza-associated pediatric mortality is a reportable condition in Maryland. Pediatric deaths are tracked without regard to hospitalization.

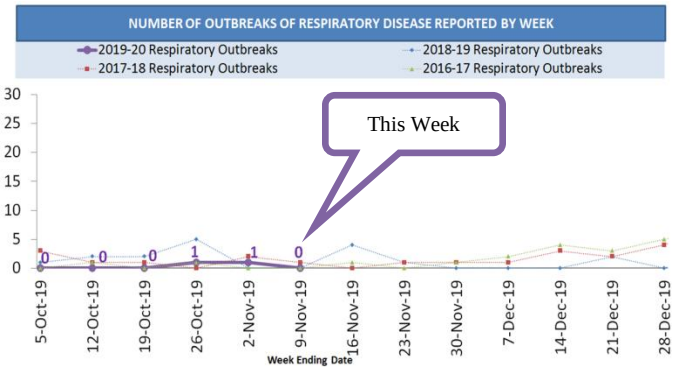
Adult Deaths Among Hospitalized Patients: One death has been reported among adults admitted to Maryland hospitals this influenza season.
Influenza-associated adult mortality is ***not*** a reportable condition in Maryland. However, surveillance for mortality in hospitalized adults is conducted as a component of the Maryland Emerging Infections Program.



Influenza-Associated Deaths	Cumulative Season Total
Pediatric Deaths (Age < 18)	0
Adult Deaths (in hospitalized cases)	1

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 (%)	Season Number (%)
Influenza	0 (0%)	0 (0%)	0 (0%)
Influenza-like Illness	0 (0%)	0 (0%)	0 (0%)
Pneumonia	0 (0%)	1 (100%)	2 (100%)
Other Respiratory	0 (0%)	0 (0%)	0 (0%)
Total	0 (0%)	1 (100%)	2 (100%)

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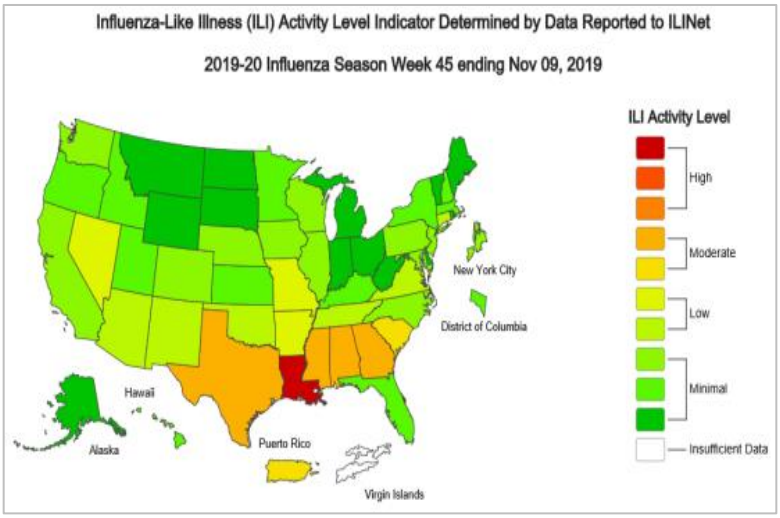
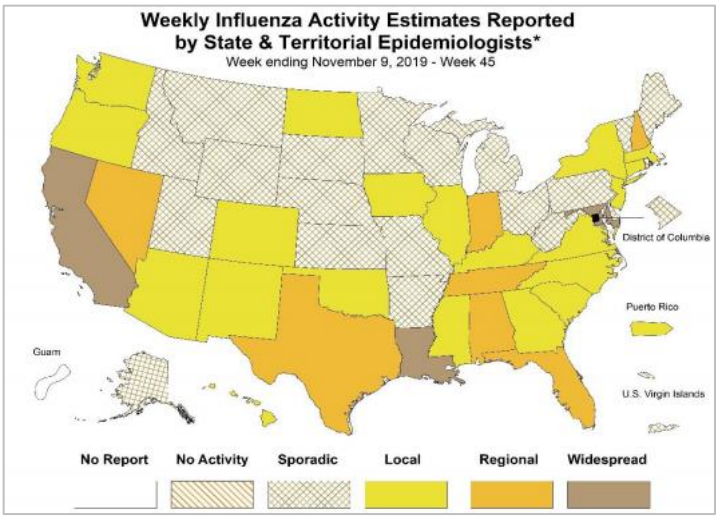
National Influenza Surveillance (CDC)

Seasonal influenza activity in the United States remains low but is increasing.

- **Viral Surveillance:** Nationally, B/Victoria viruses are predominant; however, A(H3N2) and A(H1N1)pdm09 viruses are also circulating widely. The predominant virus varies by region and age.
- **Influenza-like Illness Surveillance:** 2.3% of visits to a health care provider were for influenza-like illness (ILI). Nationally, ILI was below the baseline (2.4%); however, 4 of 10 regions were at or above their baselines.
- **Geographic Spread of Influenza:** The majority of jurisdictions reported sporadic or local activity. Ten states reported regional or widespread activity, and one state reported no activity.
- **Pneumonia and Influenza Mortality:** 4.9% of deaths were attributed to pneumonia and influenza (P&I). This is below the epidemic threshold of 6.0%.
- **Influenza-associated Pediatric Deaths:** One new influenza-associated pediatric death occurring during the 2019- 2020 season was reported to CDC this week. The total for the season is 3.
- **Outpatient Illness Surveillance:** Nationwide during week 45, 2.3% 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 1.2% to 4.2% during week 45. Region 4 (Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee), Region 6 (Arkansas, Louisiana, New Mexico, Oklahoma, and Texas), Region 7 (Iowa, Kansas, Missouri, and Nebraska), and Region 9 (Arizona, California, Hawaii, and Nevada) reported a percentage of outpatient visits for ILI which is equal to or above their regionspecific baselines. Regions 1, 2, 3, 5, 8, and 10 remained 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.