

# 2019-2020 FLU UPDATE

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**KentuckyPublicHealth**  
Prevent. Promote. Protect.

# COMPARISON OF SEASONS

## 2013 - CURRENT

| FLU SEASON OCT<br>THROUGH MAY | TOTAL # OF<br>CASES | TOTAL # OF<br>LTCF<br>OUTBREAKS | # OF<br>PEDIATRIC<br>DEATHS | # ADULT<br>DEATHS | TOTAL # OF<br>DEATHS |   |
|-------------------------------|---------------------|---------------------------------|-----------------------------|-------------------|----------------------|---|
| 2013-2014                     | 1,700               | 12                              | 1                           | 57                | 58                   |   |
| 2014-2015                     | 1,046               | 92                              | 3                           | 143               | 146                  |   |
| 2015-2016                     | 3,087               | 12                              | 3                           | 36                | 39                   |   |
| 2016-2017                     | 3,025               | 82                              | 0                           | 76                | 76                   |   |
| 2017-2018                     | 10,489              | 124                             | 5                           | 328               | 333                  |   |
| 2018-2019                     | 17,665              | 75                              | 2                           | 194               | 196                  |   |
| <b>2019-2020</b>              | <b>17,203</b>       | <b>26</b>                       | <b>4</b>                    | <b>46</b>         | <b>50</b>            | <b>as of FEBRUARY 14, 2020<br/>(WK 6)</b> |

2019-2020 FLU SEASON IS SEPTEMBER 29, 2019 THROUGH MAY 16, 2020

# COMPARISON

## 2018-2019 week 6 versus 2019-2020 week 6

| 2018-2019     |              |           |                 | 2019-2020     |              |           |                 |
|---------------|--------------|-----------|-----------------|---------------|--------------|-----------|-----------------|
| WEEK 6 CASES  | 1,978        |           |                 | WEEK 6 CASES  | 2,101        |           |                 |
| YTD CASES     | 9,263        |           |                 | YTD CASES     | 17,203       |           |                 |
| YTD DEATHS    | 24<br>ADULTS | 1<br>PEDS | 25<br>YTD TOTAL | YTD DEATHS    | 46<br>ADULTS | 4<br>PEDS | 50<br>YTD TOTAL |
| OUTBREAKS     | 2            |           |                 | OUTBREAKS     | 4            |           |                 |
| YTD OUTBREAKS | 23           |           |                 | YTD OUTBREAKS | 26           |           |                 |

# 65%

FLU VACCINATION  
REDUCES THE RISK OF  
FLU-ASSOCIATED DEATH  
AMONG HEALTHY  
CHILDREN BY 65%.

#FIGHT FLU



# CONTAGIOUS PERIOD

- Adults are typically contagious 1 day before symptoms and up to 7 days after.
- Children and those with weakened immune systems may transmit flu longer than 7 days.
- It's important to note that not everyone with flu gets a fever.
- Stay home from work or school until fever-free *without the use of fever-reducing medications* for at least 24 hours.

# TRANSMISSION

- Flu can spread to others up to 6 feet away.
- Transmitted by coughing, sneezing, talking, or even exhaling within 6 foot radius.
- The virus lasts for about 15 minutes inside of a tissue.
- Flu viruses can live on surfaces and transmit disease for up to 48 hours after they've been “deposited.”
- The flu virus lives longer on stainless steel, plastic, and similar hard surfaces longer than on fabric and soft surfaces.

# PROTECTION

- People are much more likely to get infected with the flu from being around other sick people than they are from touching virus-laden surfaces.
- Do not leave the house for any reason other than to seek medical treatment or prescriptions.
- If the patient leaves the house, they should wear a mask.
- Separate the sick person from the healthy members of the household.

# CREATE A SICK ROOM

- Choose one caregiver. The caregiver may want to wear a mask and disposable gloves.
- Avoid having other people enter the sick room. They should stay at least 6 feet away from the patient, don't touch anything, and keep their visit brief.
- Ask the ill person to continue covering coughs and sneezes and to dispose of used tissues in the trash.
- Try to keep everything you'll need in the room, including the thermometer.
- Provide the patient their own towel and washcloth, glasses, dishes, and eating utensils.



# HAND WASHING

- Wash hands for 20 seconds (sing the “Happy Birthday” song twice) by using soap and water to scrub the backs of your hands, between your fingers, and under your nails. Dry thoroughly.
- Hand sanitizer that is at least 60% alcohol is also acceptable.
- Remember to wash your hands after touching the sick person's laundry, dishes, or devices.
- When drying your hands, don't use the same towel that the sick person in your house has been touching.
- Consider using more disposable paper towels than you normally would to avoid swapping germs.

# DISINFECTION

- Make sure the label on your cleaning product says it will kill the flu virus.
- You can make your own solution by mixing 1/4 cup of household bleach and a gallon of water.
- Avoid using sponges or dishcloths due to spreading germs.
- Paper towels = spray, wipe, and remove disinfectant.
- Disposable disinfectant wipes are ideal as air drying allows disinfectant more time to kill the virus.

# ITEMS TO DISINFECT AT LEAST ONCE A DAY

- Door knobs
- Remote controls
- Bedside tables
- Faucet handles
- Phones
- Computers
- Gaming controls
- Stuffed animals and toys
- Tables
- Counters
- Bathroom



# CONTACT INFORMATION

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