

# 2018-2019 INFLUENZA SEASON UPDATE

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**Kentucky Public Health**  
Prevent. Promote. Protect.

Dr. Jeffrey D. Howard, *Commissioner*

# INFLUENZA SEASON UPDATE

FLU SEASON	TOTAL # OF CASES	TOTAL # OF LTCF OUTBREAKS	# OF PEDIATRIC DEATHS	# ADULT DEATHS	TOTAL # OF 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	9,263	23	1	24	25

# HOW DOES FLU SPREAD?

- Respiratory transmission of virus
- Viral shedding
- Fomite transmission



- It takes about 2 weeks after vaccination for protection to set in so get vaccinated as early as possible.
- You can not get the flu from the flu shot.
- As long as flu is circulating in the community, you can still get your flu vaccine.

# GOOD HYGIENE MAKES A DIFFERENCE

- Cover your nose and mouth with a tissue or the bend of your elbow when you cough or sneeze.
- Wash your hands often for at least 20 seconds with soap and water – especially after coughing or sneezing.
- If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth to prevent the spread of germs.
- If your doctor prescribes antiviral medications, take them.

# ACTIVITY RECOMMENDATIONS

- If you are sick with flu-like illness, CDC recommends you stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities.
- NOTE: Your fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible.

# 2018-2019 CHANGES TO FLU VACCINE

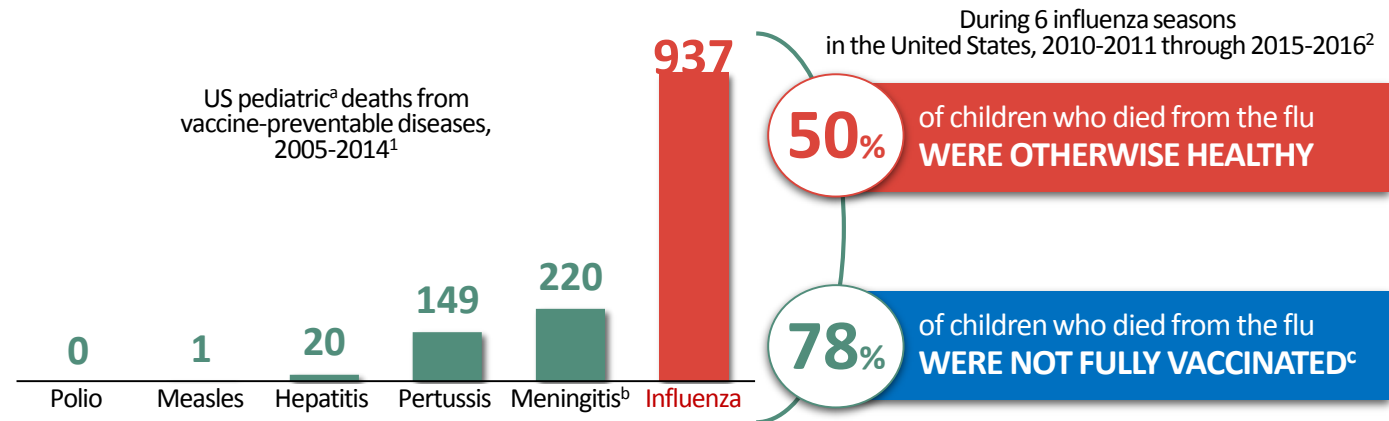
- Two vaccine strains in the injectable Trivalent vaccine were changed:
  - Influenza A H3N2; and
  - Influenza B (Victoria lineage).
- Influenza A H1N1 was not changed.
- The Quadrivalent vaccine contains the three strains above, plus
- Influenza B (Yamagata lineage)

# COMPARISON OF VACCINE EFFECTIVENESS 2009-2019

INFLUENZA SEASON	VACCINE EFFECTIVENESS
2009-2010	56%
2010-2011	60%
2011-2012	47%
2012-2013	49%
2013-2014	52%
2014-2015	19%
2015-2016	48%
2016-2017	40%
2017-2018	40%
<b>2018-2019</b>	<b>47%</b>

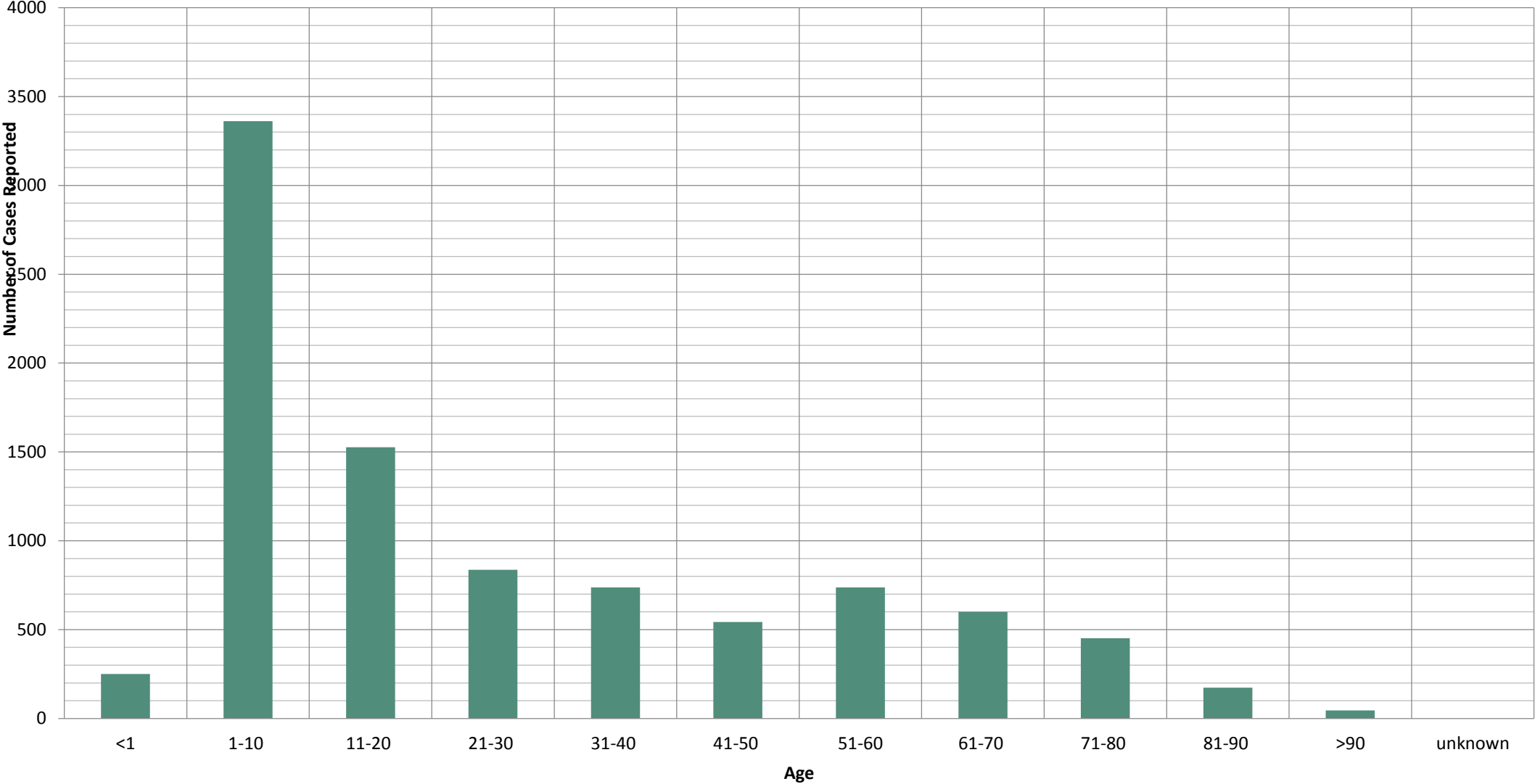
# Where We Fall Short: Children

Influenza Is a Leading Cause of Vaccine-Preventable Deaths in **Children** in the US



**References:** 1. National Vital Statistics Report. Table 10. Number of deaths from 113 selected causes by age: United States 2005-2014. 2. Shang M, Blanton L, Brammer L, et al. Influenza-associated pediatric deaths in the United States, 2010-2016. *Pediatrics*. 2018;141(4):e20172918.

2018-2019 Total Laboratory Confirmed Influenza Cases in Kentucky, by Age



## WHERE WE FALL SHORT: **PREGNANT WOMEN**



## WHERE WE FALL SHORT: **HEALTHCARE WORKERS**





**KEEP  
HEALTHY  
AND  
GET YOUR  
FLU SHOT**

# Thank you!

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<https://chfs.ky.gov/agencies/dph/dehp/idb/Pages/influenza.aspx>



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