

Disclaimer

Most influenza cases are not reportable in the state of Texas. The information in this report contains data submitted from sentinel sites around the region along with emergency department data.

Definitions

Before reading through the report, familiarize yourself with the following terms.

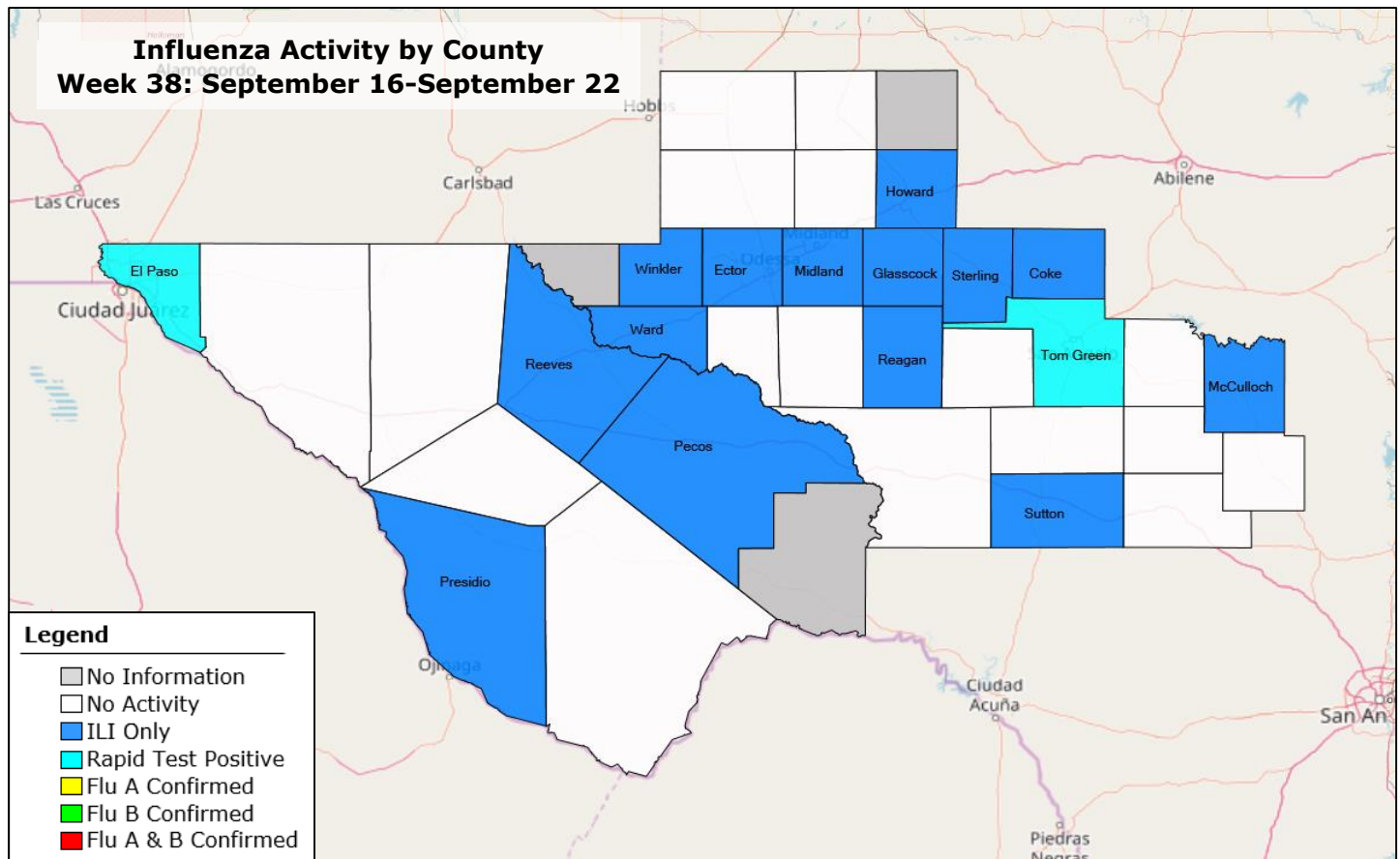
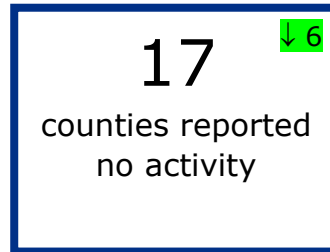
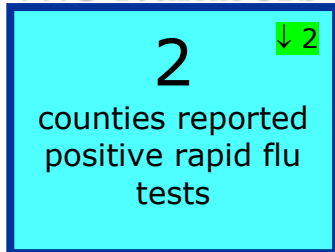
ILI: Influenza-like Illness. A fever at or above 100°F, a cough or sore throat, and no other known cause of the illness.

PCR/Culture: These are lab tests used to confirm whether a patient truly has influenza.

Findings

The percentage of patient visits to the doctor and student visits to the school nurse slightly increased this week, but levels are still below baseline. There is an increase in the number of counties reporting ILI, but a slight decrease in the number reporting rapid flu positives.

The Numbers



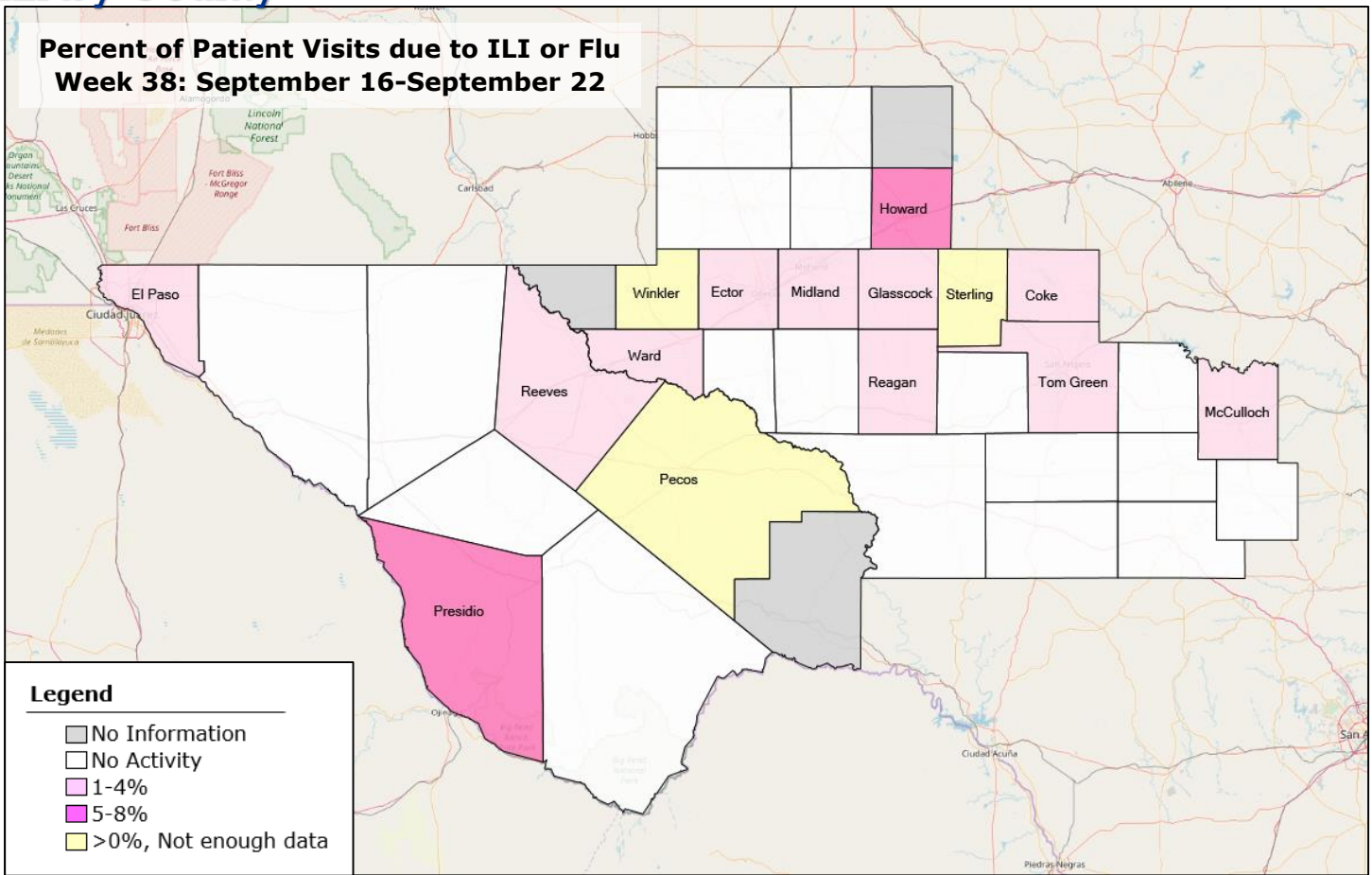
County-By-County

The information presented below aggregates all active and passive surveillance reports from the week of September 16-September 22 in Region 9/10.

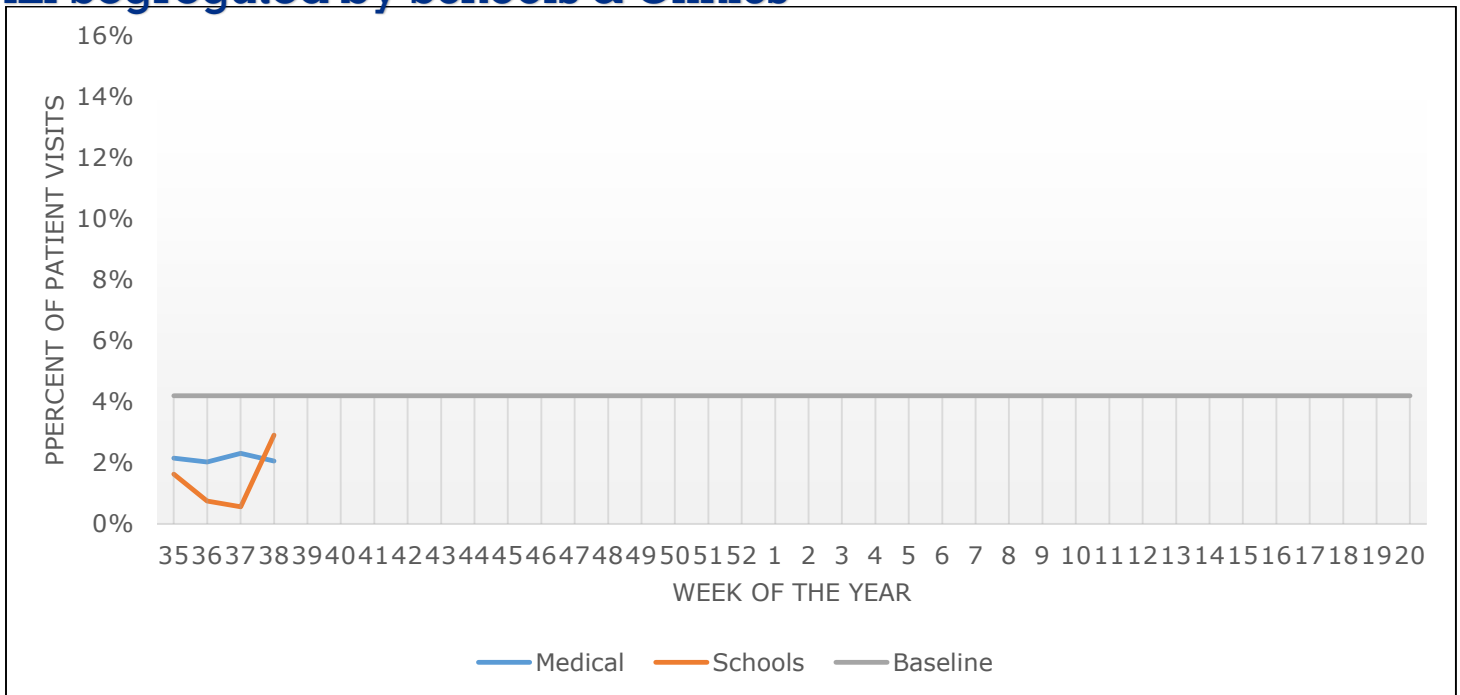
County of Patient Residence	Total Patients or Students Seen for Any Reason	# with ILI	# Rapid Test Positive	# Culture or PCR Type A	# Culture or PCR Type B	% of Patients and Students with ILI or Flu
Andrews	417	0	0	0	0	0%
Borden	No Information Reported					
Brewster	7	0	0	0	0	0%
Coke	45	1	0	0	0	2%
Concho	34	0	0	0	0	0%
Crane	3	0	0	0	0	0%
Crockett	18	0	0	0	0	0%
Culberson	6	0	0	0	0	0%
Dawson	147	0	0	0	0	0%
Ector	6,162	102	0	0	0	2%
El Paso	15,924	468	2	0	0	3%
Gaines	17	0	0	0	0	0%
Glasscock	37	1	0	0	0	3%
Howard	72	4	0	0	0	6%
Hudspeth	20	0	0	0	0	0%
Irion	61	0	0	0	0	0%
Jeff Davis	7	0	0			0%
Kimble	3	0	0	0	0	0%
Loving	No Information Reported					
McCulloch	667	8	0	0	0	1%
Martin	33	0	0	0	0	0%
Mason	21	0	0	0	0	0%
Menard	141	0	0	0	0	0%
Midland	76	3	0	0	0	4%
Pecos	9	1	0	0	0	>0%, Not enough data
Presidio	21	1	0	0	0	5%
Reagan	48	1	0	0	0	2%
Reeves	200	3	0	0	0	2%
Schleicher	12	0	0	0	0	0%
Sterling	15	2	0	0	0	>0%, Not enough data
Sutton	158	1	0	0	0	1%
Terrell	No Information Reported					
Tom Green	2,398	64	2	0	0	3%
Upton	48	0	0	0	0	0%
Ward	629	7	0	0	0	1%
Winkler	10	3	0	0	0	>0%, Not enough data
Total	27,466	670	4	0	0	2.45%

Please note: The majority of influenza cases are not reportable by law in Texas. This map contains data from sentinel sites and only displays influenza and ILI cases that were reported to public health. Positive laboratory results are reported according to specimen collection date, or date received in the laboratory if the former is unknown.

ILI by County

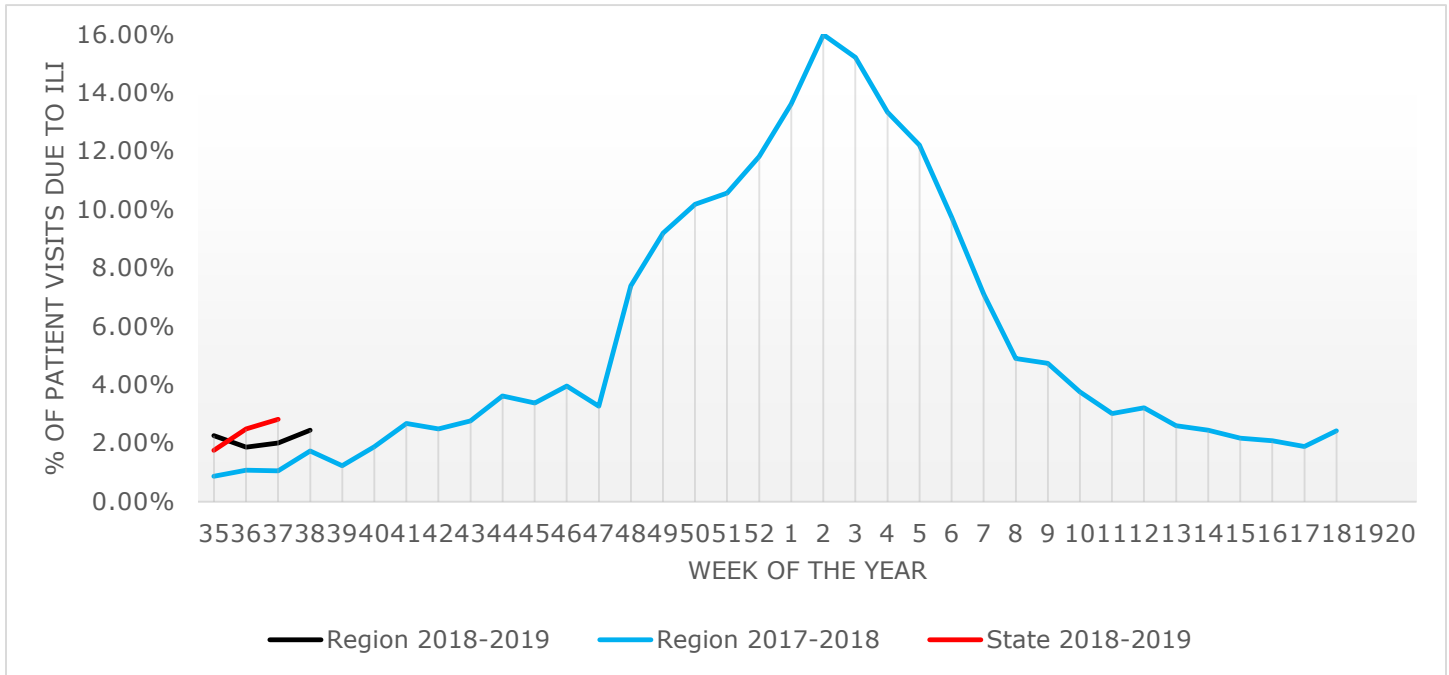


ILI Segregated by Schools & Clinics



The blue line shows the percent of all patient visits at a medical facility due to ILI while the orange line shows the percent of all nurse visits at a school due to ILI per week. The grey line shows the percent of visits to the doctor that we expect to see when it is not flu season.

All Patient Visits due to ILI or Flu



The **gold** line shows the percent of all hospital or school nurse visits due to ILI during the current season in our region (West Texas). The **blue** line shows the percent of all hospital visits due to ILI last season in our region (West Texas). The **red** line shows the percent of all hospital visits due to ILI during the current season statewide.

Week-by-Week Info

Week	Dates	Total Visits	Total ILI	Total Flu	%ILI 18-19	%ILI 17-18
35	08/25-09/01	11,089	217	6	2.26	1.0
36	09/02-09/08	16,274	263	5	↓ 1.87	↑ 1.6
37	09/09-09/15	16,031	289	13	↑ 2.01	↓ 0.9
38	09/16-09/22	27,466	670	4	↑ 2.45	↑ 1.1
39						= 1.1
40						↑ 1.7
41						↓ 1.2
42						↑ 1.9
43						↑ 2.7
44						↓ 2.5
45						↑ 2.8
46						↑ 3.6
47						↓ 3.4
48						↑ 4.0
49						↓ 3.3
50						↑ 7.4
51						↑ 9.2
52						↑ 10.2
1						↑ 10.6
2						↑ 11.8
3						↑ 13.6

In the News & Other Information

80,000 DEATHS DUE TO INFLUENZA LAST FLU SEASON

The Director of the CDC, Dr. Robert Redfield, announced last night that an estimated 80,000 people died last year due to complications from the flu. This is a stark increase from any



previous season and is the highest in the last four decades. Before this season, deaths due to influenza generally were believed to fall within the range of 12,000-56,000 deaths per year. To perhaps give some perspective to these amounts, the Spanish Flu Pandemic of 1918 was estimated to have killed approximately 500,000 Americans, and the population was significantly less at the time. So, while 80,000 was nowhere near the 1918 numbers, it is still alarming, especially given advances in vaccine technology and education. While it is still too early to know what this flu season will look like, it is important to prepare and get your flu shot.

MISCONCEPTIONS ABOUT THE FLU VACCINE

Can I get the flu from the vaccine?

No. Flu vaccines are made from either inactivated (or “killed”) flu viruses or from a single gene from the virus.

How does the flu vaccine work?

The vaccine generally contains 3 or 4 strains of influenza that protects you against the most common or most anticipated strains in the coming season.

If I never get the flu, why would I need the flu shot?

The most likely reason you don't get the flu is because others around you have gotten their flu shot. This is a concept called [herd immunity](#). When enough people in a population get their flu shot, you inadvertently protect others in your community from getting the flu. In fact, many infants who die from the flu die because adults around them do not get the vaccine and pass it on to their children or other infants. **Last year, 172 children died from influenza - the highest number in years.** Good hygiene is important when preventing the flu, but even the healthiest of people can and do get it.

The side effects from the vaccine are worse than getting the flu, right?

The flu can be a very serious, even fatal illness, for children and those 65 or older. It can also cause serious complications in people with heart disease, diabetes, or asthma.

Does the flu vaccine only benefit me in that it protects me from getting the flu?

Studies have been showing for the past several years that the flu shot can actually protect you against heart attack or heart disease. [One study](#) found that those who received their flu shot had a **36% lower risk of a having major cardiac event during the following year.**