

October 12, 2009

The latest information from the CDC:

“Key Flu Indicators “

Each week CDC analyzes information about influenza disease activity in the United States and publishes findings of key flu indicators in a report called Flu View <http://www.cdc.gov/flu/weekly/>. During the week of September 27 - October 3, 2009, a review of the key indicators found that influenza activity increased in the United States. Below is a summary of the most recent key indicators:

- Visits to doctors <http://www.cdc.gov/flu/weekly/index.htm#OISmap> for influenza-like illness (ILI) continued to increase in the United States, and overall, are higher than levels expected for this time of the year.
- Total influenza hospitalization <http://www.cdc.gov/flu/weekly/index.htm#EIPNVS> rates for laboratory-confirmed influenza are higher than expected for this time of year for adults and children. And for children 5-17 and adults 18-49 years of age, hospitalization rates from April – October 2009 exceed average flu season rates (for October through April).
- The proportion of deaths <http://www.cdc.gov/flu/weekly/index.htm#MS> attributed to pneumonia and influenza (P&I) based on the 122 Cities Report has increased and now exceeds what is normally expected at this time of year. In addition, 19 flu-related pediatric deaths were reported this week; 16 of these deaths were confirmed 2009 H1N1 and 3 were not sub-typed influenza A and likely to be 2009 H1N1. A total of 76 laboratory confirmed 2009 H1N1 pediatric deaths have been reported to CDC since April.
- Thirty-seven states are reporting widespread influenza activity <http://www.cdc.gov/h1n1flu/updates/us/> at this time. They are: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Delaware, Florida, Georgia, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, South Dakota, Texas, Tennessee, Virginia, Washington, and Wyoming. Any reports of widespread influenza activity in September and October are very unusual.
- Almost all of the influenza viruses <http://www.cdc.gov/flu/weekly/index.htm#whomap> identified so far are 2009 H1N1 influenza A viruses. These viruses remain similar to the virus chosen for the 2009 H1N1 vaccine, and remain susceptible to the antiviral drugs oseltamivir and zanamivir with rare exception.”
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The latest information from RCCD:

Seasonal Flu vaccine is available in the Health Service locations on the Norco Moreno Valley and Riverside campuses for \$10.

Live attenuated virus nasal vaccines are now available in Riverside County. If you have children, it is recommended that you contact your physician to have them immunized. This vaccine is not recommended for anyone over the age of 49.

RCC has registered with the State of California to be a provider for H1N1 injectable vaccine.

When the vaccines are received we will have additional clinics to offer seasonal and H1N1 flu vaccine. Watch for e-mail announcements.

Remember to wash your hands, cover your cough and stay home if you have a fever. The flu hotline number is: 328-3580.