# Maryland Weekly Influenza Surveillance Activity Report

A summary of influenza surveillance indicators reported to DHMH for the week ending March 7, 2015

Prepared by the Office of Infectious Disease Epidemiology and Outbreak Response
Infectious Disease Bureau – Prevention and Health Promotion Administration
Maryland Department of Health and Mental Hygiene

*The data presented in this document are provisional and subject to change as additional reports come in.*

## SUMMARY

During the week ending March 7, 2015, influenza-like illness (ILI) intensity in Maryland was **MINIMAL** and there was **LOCAL** geographic spread. The proportion of outpatient visits for ILI reported by Sentinel Providers and Maryland Emergency Departments decreased. The proportion of MRITS respondents reporting ILI increased. Clinical laboratories and the DHMH lab both reported that the proportion of specimens testing positive for influenza decreased and that the majority of specimens testing positive were influenza Type B. A total of 30 influenza-associated hospitalizations were reported. There was 1 respiratory outbreak. Nationally, influenza activity continued to decline.

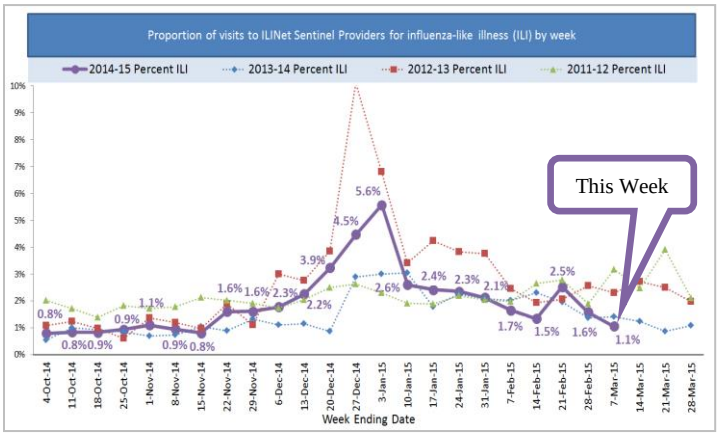
Click here to visit our influenza surveillance web page

| ILI Intensity Levels |
|---|
| ✔ **Minimal** |
| Low |
| Moderate |
| High |

| Influenza Geographic Spread |
|---|
| No Activity |
| Sporadic |
| ✔ **Local** |
| Regional |
| Widespread |

## ILINet Sentinel Providers

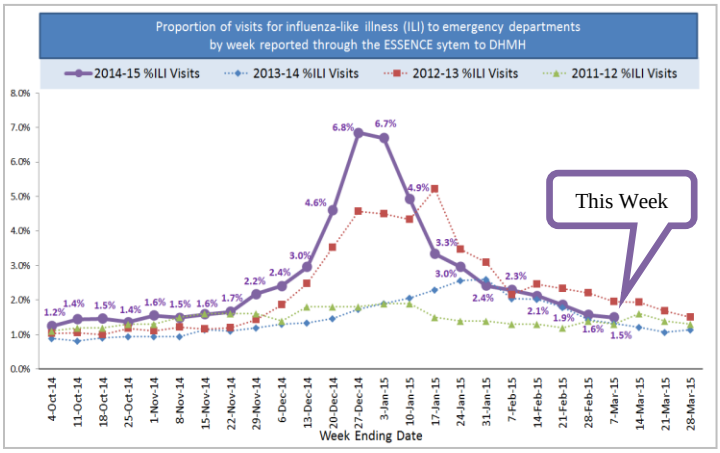
Twenty-nine sentinel providers reported a total of 8,479 visits this week. Of those, 95 (1.1%) were visits for ILI. This is **below** the Maryland baseline of **2.0%**.




| ILI Visits To Sentinel Providers By Age Group | This Week Number (%) | Last Week Number (%) | Season Number (%) |
|---|---|---|---|
| Age 0-4 | 27 (28%) | 33 (20%) | 1171 (25%) |
| Age 5-24 | 40 (42%) | 67 (42%) | 1939 (41%) |
| Age 25-49 | 18 (19%) | 39 (24%) | 1008 (21%) |
| Age 50-64 | 5 (5%) | 17 (11%) | 431 (9%) |
| Age ≥ 65 | 5 (5%) | 5 (3%) | 210 (4%) |
| Total ILI Visits | 95 (100%) | 161 (100%) | 4759 (100%) |

## Visits to Emergency Departments for ILI

Emergency Departments in Maryland reported a total of 41,488 visits this week through the ESSENCE surveillance system. Of those, 620 (1.5%) were visits for ILI.




| ILI Visits To Emergency Departments By Age Group | This Week Number (%) | Last Week Number (%) | Season Number (%) |
|---|---|---|---|
| Age 0-4 | 140 (23%) | 190 (26%) | 6829 (24%) |
| Age 5-24 | 209 (34%) | 172 (24%) | 8651 (31%) |
| Age 25-49 | 172 (28%) | 220 (30%) | 7379 (26%) |
| Age 50-64 | 66 (11%) | 75 (10%) | 2985 (11%) |
| Age ≥ 65 | 33 (5%) | 66 (9%) | 2249 (8%) |
| Unknown | -- | -- | 3 (<1%) |
| Total ILI Visits | 620 (100%) | 723 (100%) | 28096(100%) |

**Other states' influenza information:**

| | |
|---|---|
| Delaware | http://dhss.delaware.gov/dph/epi/influenzahome.html |
| District of Columbia | http://doh.dc.gov/service/influenza |
| Pennsylvania | http://www.portal.state.pa.us/portal/server.pt/community/influenza_(flu)/14161 |
| Virginia | http://www.vdh.state.va.us/Epidemiology/flu/ |
| West Virginia | http://dhhr.wv.gov/oeps/disease/flu/Pages/fluSurveillance.aspx |

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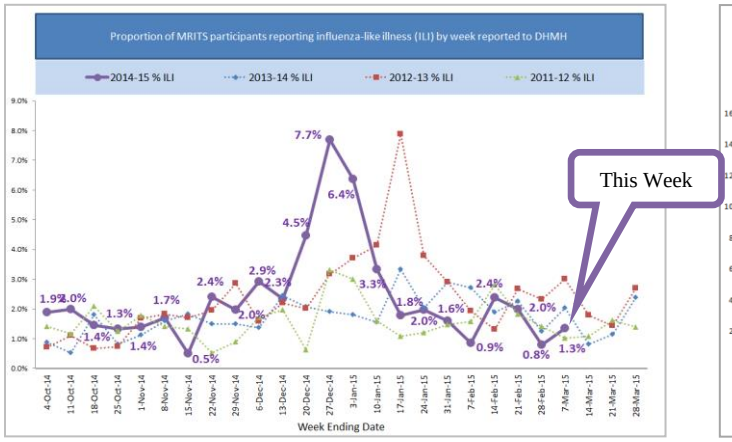
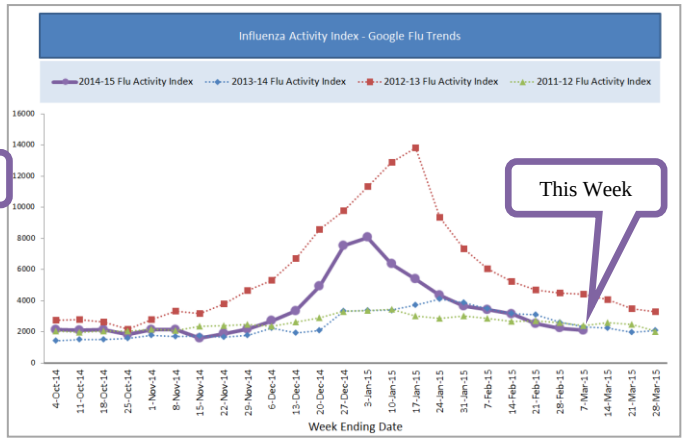
## Community-based Influenza Surveillance (MRITS and Google Flu Trends)

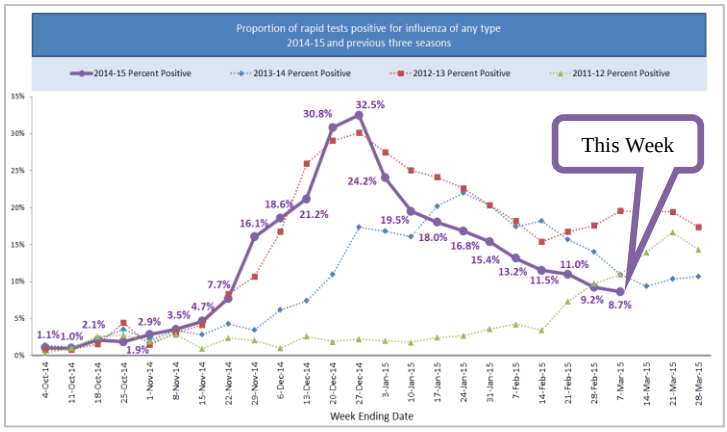
MRITS is the Maryland Resident Influenza Tracking System, a weekly survey for influenza-like illness (ILI). A total of 668 residents responded to the MRITS survey this week. Of those, 9 (1.3%) reported having ILI and missing a cumulative 14 days of regular daily activities. According to Google Flu Trends, influenza activity is "Low" in Maryland.



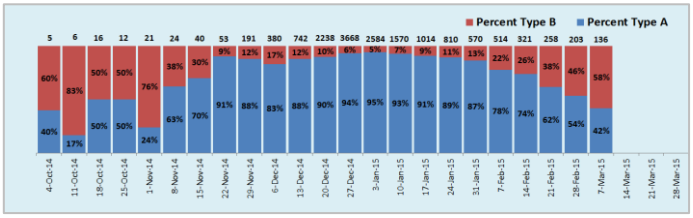




## Clinical Laboratory Influenza Testing

Thirty-three clinical laboratories reported performing 1,570 influenza diagnostic tests, mostly rapid influenza diagnostic tests (RIDTs). Of those, 136 (8.7%) were positive for influenza. Of those testing positive, 57 (41.9%) were influenza Type A and 79 (58.1%) 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.

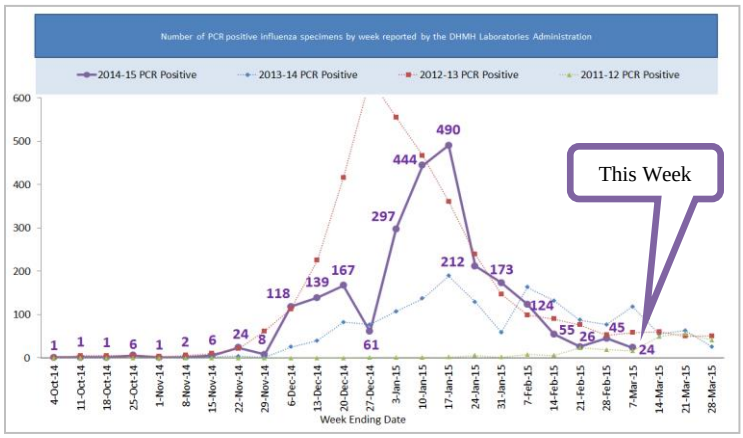



| Positive Rapid Flu Tests by Type | This Week Number (%) | Last Week Number (%) | Season Number (%) |
|---|---|---|---|
| Type A | 57 (42%) | 109 (54%) | 13699 (89%) |
| Type B | 79 (58%) | 94 (46%) | 1672 (11%) |
| Total | 136 (100%) | 203 (100%) | 15371(100%) |




## State Laboratories Administration Influenza Testing

The DHMH Laboratories Administration performed a total of 109 PCR tests for influenza and 24 (22.0%) specimens tested positive. Of those, 9 (37.5%) were Type A (H3N2) and 15 (62.5%) were Type B. PCR testing is more reliable than RIDT. The DHMH testing identifies subtypes of influenza A, information that is not available from the RIDT results. The table below summarizes results by type and subtype.




| Positive PCR Tests by Type (Subtype) | This Week Number (%) | Last Week Number (%) | Season Number (%) |
|---|---|---|---|
| Type A (H1) | -- | -- | 2 (<1%) |
| Type A (H3) | 9 (38%) | 39 (87%) | 2362 (97%) |
| Type B | 15 (63%) | 6 (13%) | 59 (2%) |
| A (H3) – B Dual Infection | -- | -- | 2 (<1%) |
| Total | 24 (100%) | 45 (100%) | 2425 (100%) |

### Where to get an influenza vaccination

Interested in getting a flu vaccine for the 2014-15 influenza season? Go to http://dhmh.maryland.gov/flumd/SitePages/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.

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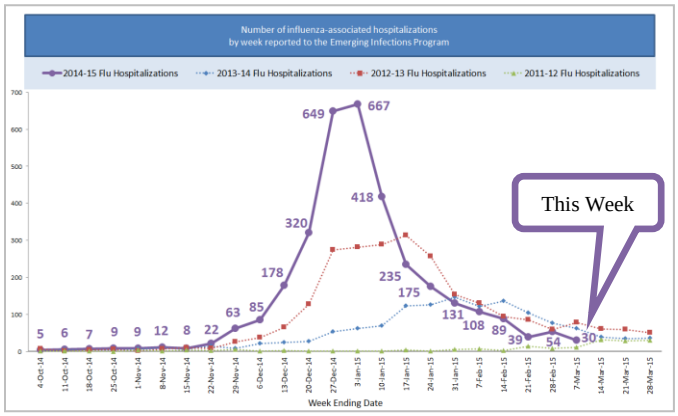
## Influenza-associated Hospitalizations

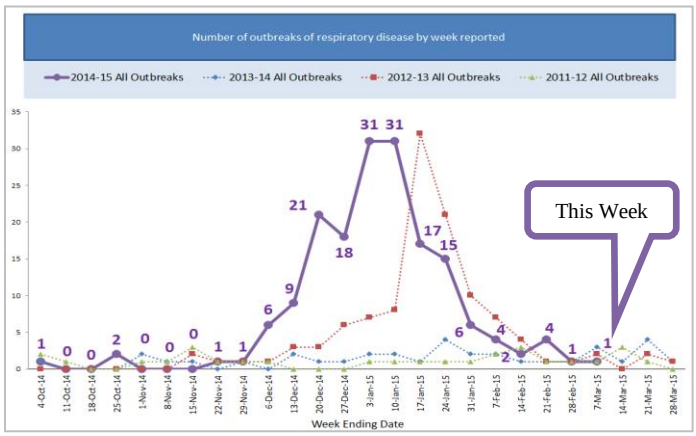
For this week, hospitals in Maryland reported 30 influenza-associated hospitalizations. (A person with an overnight hospital stay along with a positive influenza test of any kind, e.g. RIDT or PCR, is considered an "influenza-associated hospitalization" for purposes of influenza surveillance.)




| Influenza-Associated Hospitalizations by Age Group | This Week Number (%) | Last Week Number (%) | Season Number (%) |
|---|---|---|---|
| Age 0-4 | 1 (3%) | 1 (2%) | 159 (5%) |
| Age 5-17 | -- | 2 (4%) | 79 (2%) |
| Age 18-24 | 3 (10%) | 2 (4%) | 76 (2%) |
| Age 25-49 | 3 (10%) | 7 (13%) | 344 (10%) |
| Age 50-64 | 2 (7%) | 11 (20%) | 534 (16%) |
| Age ≥ 65 | 21 (70%) | 31 (57%) | 2127 (64%) |
| Total | 30 (100%) | 54 (100%) | 3319 (100%) |

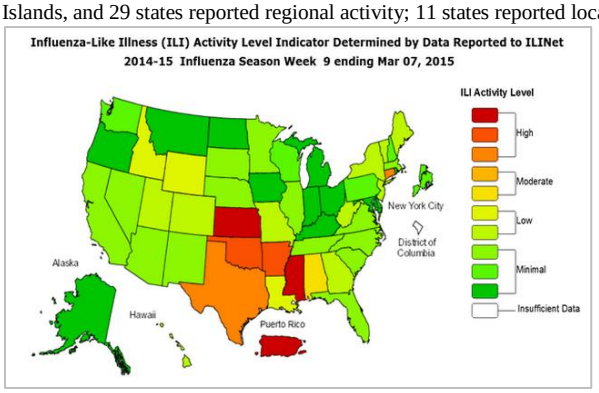
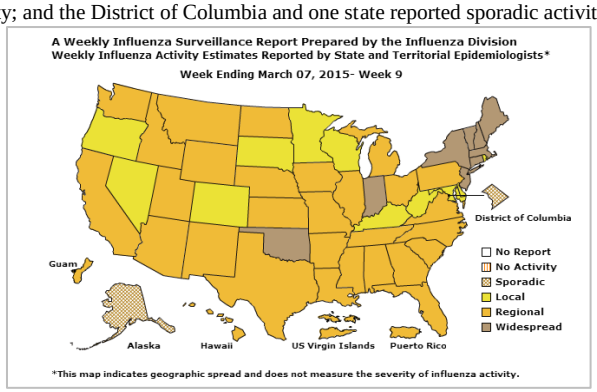
## Outbreaks of Respiratory Disease

There was 1 respiratory outbreak reported to DHMH 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 | -- | 1 (100%) | 120 (70%) |
| Influenza-like Illness | 1 (100%) | -- | 36 (21%) |
| Pneumonia | -- | -- | 15 (9%) |
| Other Respiratory | -- | -- | -- |
| Total | 1 (100%) | 1 (100%) | 171 (100%) |

## National Influenza Surveillance (CDC)

During week 9 (March 1-7, 2015), influenza activity continued to decrease, but remained elevated in the United States.

- **Viral Surveillance:** Of 14,634 specimens tested and reported by U.S. World Health Organization (WHO) and National Respiratory and Enteric Virus Surveillance System (NREVSS) collaborating laboratories during week 9, 1,670 (11.4%) were positive for influenza.
- **Pneumonia and Influenza Mortality:** The proportion of deaths attributed to pneumonia and influenza (P&I) was above the epidemic threshold.
- **Influenza-associated Pediatric Deaths:** Seven influenza-associated pediatric deaths were reported.
- **Influenza-associated Hospitalizations:** A cumulative rate for the season of 55.7 laboratory-confirmed influenza-associated hospitalizations per 100,000 population was reported.
- **Outpatient Illness Surveillance:** The proportion of outpatient visits for influenza-like illness (ILI) was 2.4%, above the national baseline of 2.0%. Eight regions reported ILI at or above region-specific baseline levels. Puerto Rico and six states experienced high ILI activity; one state experienced moderate ILI activity; 13 states experienced low ILI activity; New York City and 30 states experienced minimal ILI activity; and the District of Columbia had insufficient data.
- **Geographic Spread of Influenza:** The geographic spread of influenza in nine states was reported as widespread; Guam, Puerto Rico, the U.S. Virgin Islands, and 29 states reported regional activity; 11 states reported local activity; and the District of Columbia and one state reported sporadic activity.