

Washington State Influenza Summary

2018-2019 Season

Washington State Department of Health, Communicable Disease Epidemiology

The Department of Health (DOH), in collaboration with local health jurisdictions and the Centers Disease Control and Prevention (CDC), performed surveillance for influenza during the 2018 to 2019 season using several different systems. This report summarizes data collected through key systems from September 30, 2018 to September 28, 2019 (week 40 of 2018 through week 39 of 2019).

National Summary

Nationally, the severity of the 2018-2019 season was categorized as moderate. Nationally, influenza-like illness (ILI) activity began increasing in November, peaked during mid-February, and returned to below baseline in mid-April; the season lasted 21 weeks, making it the longest season in 10 years. Illness attributed to influenza A viruses predominated, with very little influenza B activity.

www.cdc.gov/mmwr/volumes/68/wr/mm6824a3.htm

Washington State Summary

In Washington State, two hundred and forty five lab-confirmed influenza deaths and one hundred and forty eight influenza-like illness outbreaks in long term care facilities were reported for the 2018-2019 season. Illness attributed to influenza A viruses predominated, with very little influenza B activity.

Influenza Laboratory Surveillance Data

Laboratory Data: World Health Organization (WHO) & National Respiratory and Enteric Virus Surveillance System (NREVSS) Data Reported to CDC

For the 2018-2019 influenza season, CDC has generated separate graphs of data reported to CDC by public health laboratories (Figure 1) and commercial laboratories (Figure 2).

Figure 1: Influenza Positive Tests Reported to CDC, WA Public Health Laboratories

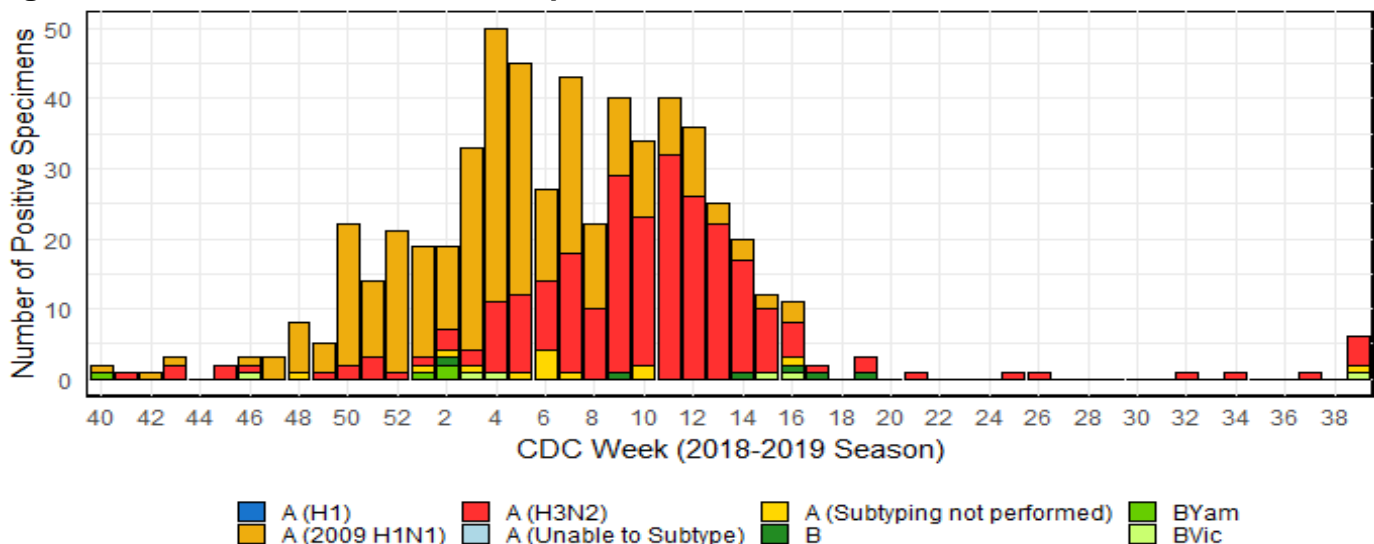
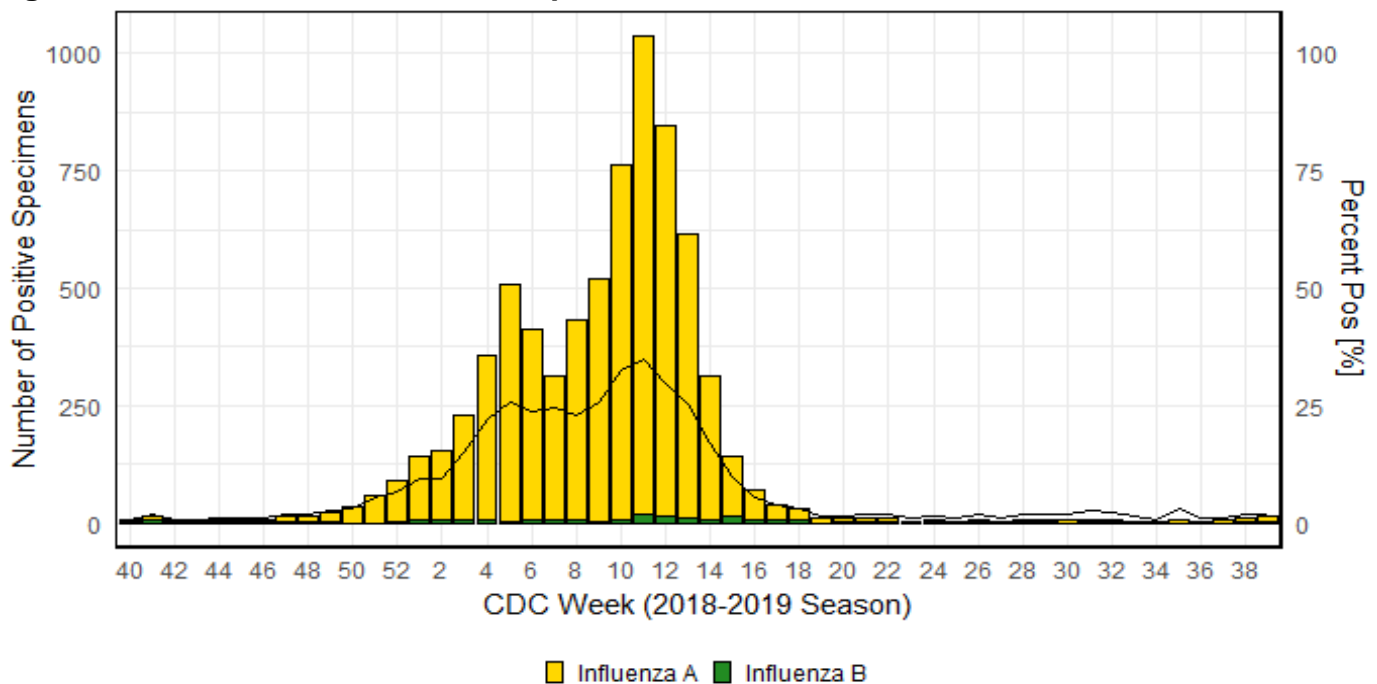


Figure 2: Influenza Positive Tests Reported to CDC, WA Commercial Laboratories



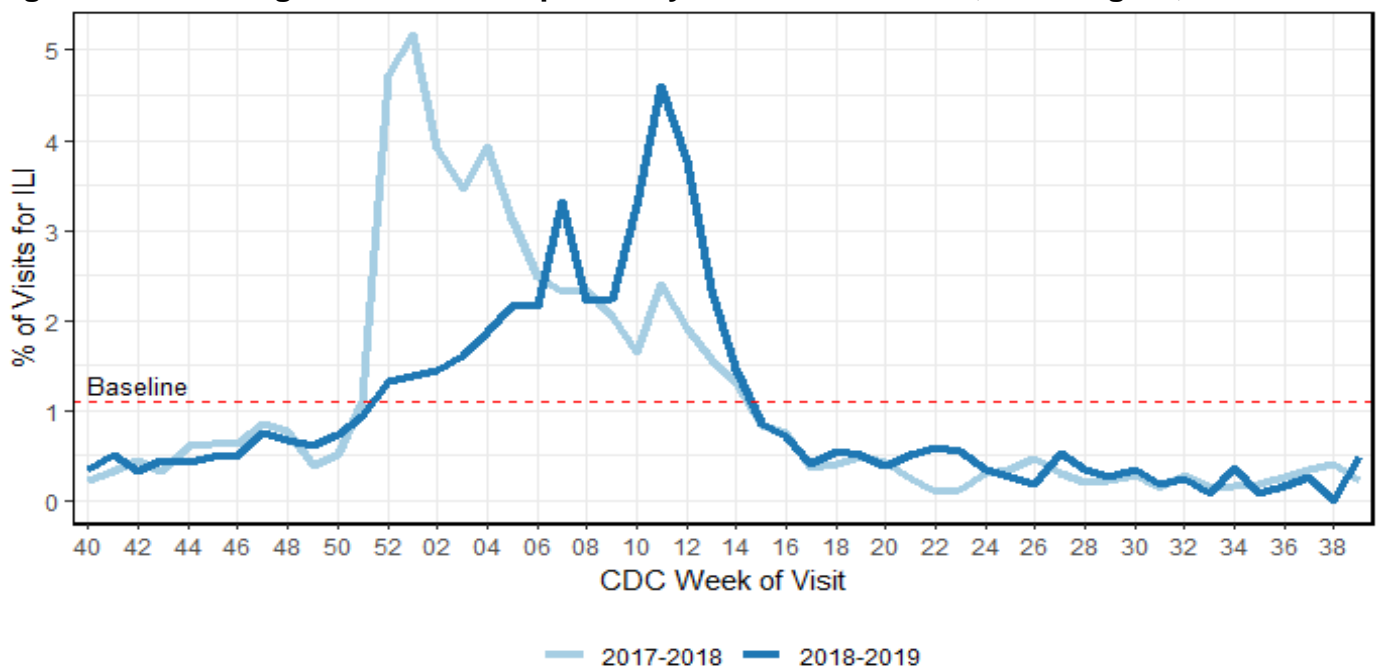
Outpatient Influenza-like Illness Surveillance

Outpatient Influenza-like Illness Surveillance Network (ILINet) Data

Information on patient visits to health care providers for influenza-like illness is collected through the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet). Each week, up to 40 outpatient healthcare providers in Washington reported data to CDC on the total number of patients seen and the number of those patients with influenza-like illness (ILI) by age group. For the purposes of ILINet, ILI is defined as fever (temp 100°F/37.8°C or higher) plus cough and/or sore throat.

More information about ILINet is available [here](#).

Figure 3: Percentage of ILI Visits Reported by Sentinel Providers, Washington, 2017-2019



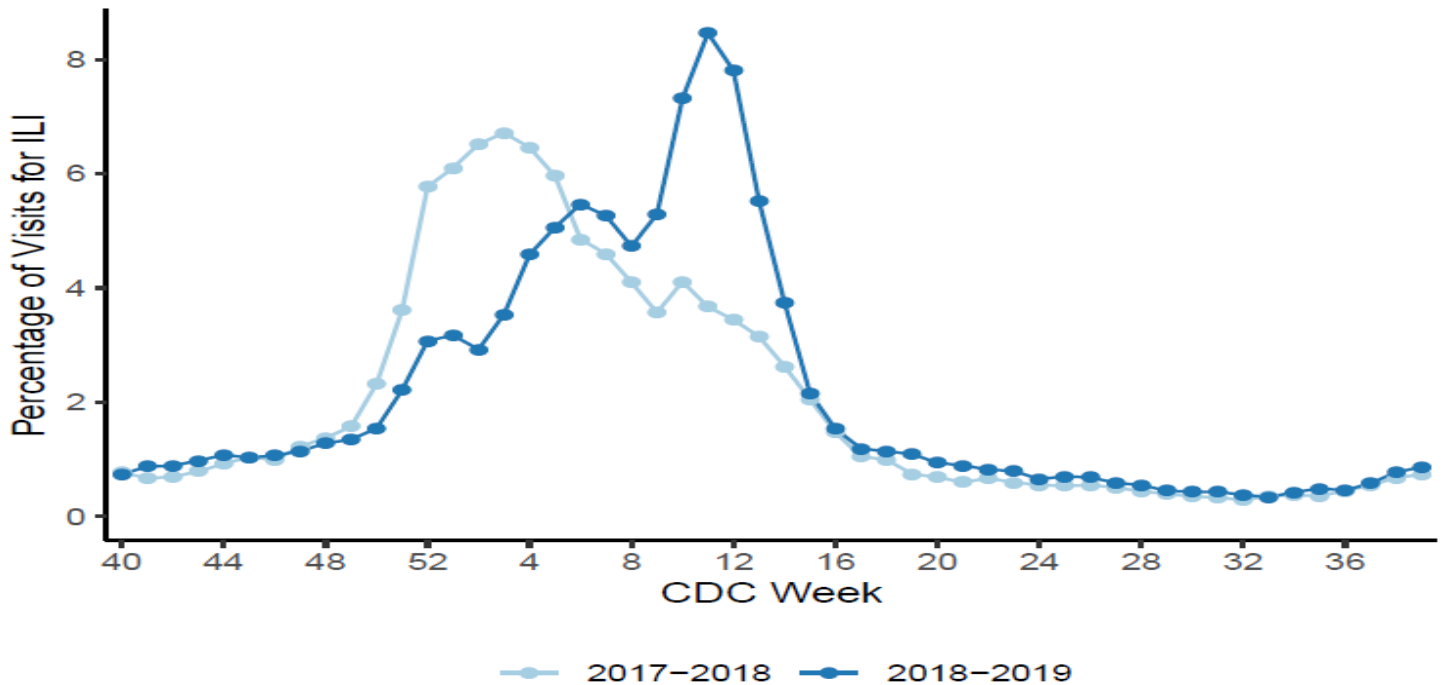
Influenza-like Illness Syndromic Surveillance Data

ESSENCE Syndromic Surveillance Data

Figure 6 shows the proportion of visits at a subset of emergency departments across Washington for a chief complaint of influenza-like illness, or discharge diagnosis of influenza, by CDC week. For this purpose, ILI is defined as “influenza” or fever with cough or fever with sore throat.

For more information about Syndromic Surveillance in Washington State, see www.doh.wa.gov/ForPublicHealthandHealthcareProviders/HealthcareProfessionsandFacilities/DataReportingandRetrieval/ElectronicHealthRecordsMeaningfulUse/SyndromicSurveillance.

Figure 4: Syndromic Surveillance, Percentage of Hospital Visits for a Chief Complaint of ILI, or Discharge Diagnosis of Influenza, by CDC Week, Washington, 2017-2019



Influenza-like Illness Outbreaks in Long Term Care Facilities

Long term care facilities are required to report all suspected and confirmed outbreaks to their [local health jurisdiction](#) per Washington Administrative Code (WAC) [246-101-305](#). Long-term care facilities are required to report the following:

- A sudden increase in acute febrile respiratory illness over the normal background rate (e.g., 2 or more cases of acute respiratory illness occurring within 72 hours of each other) OR
- Any resident who tests positive for influenza

Recommendations for prevention and control of influenza outbreaks in long-term care facilities are available at: www.doh.wa.gov/Portals/1/Documents/5100/fluoutbrk-LTCF.pdf

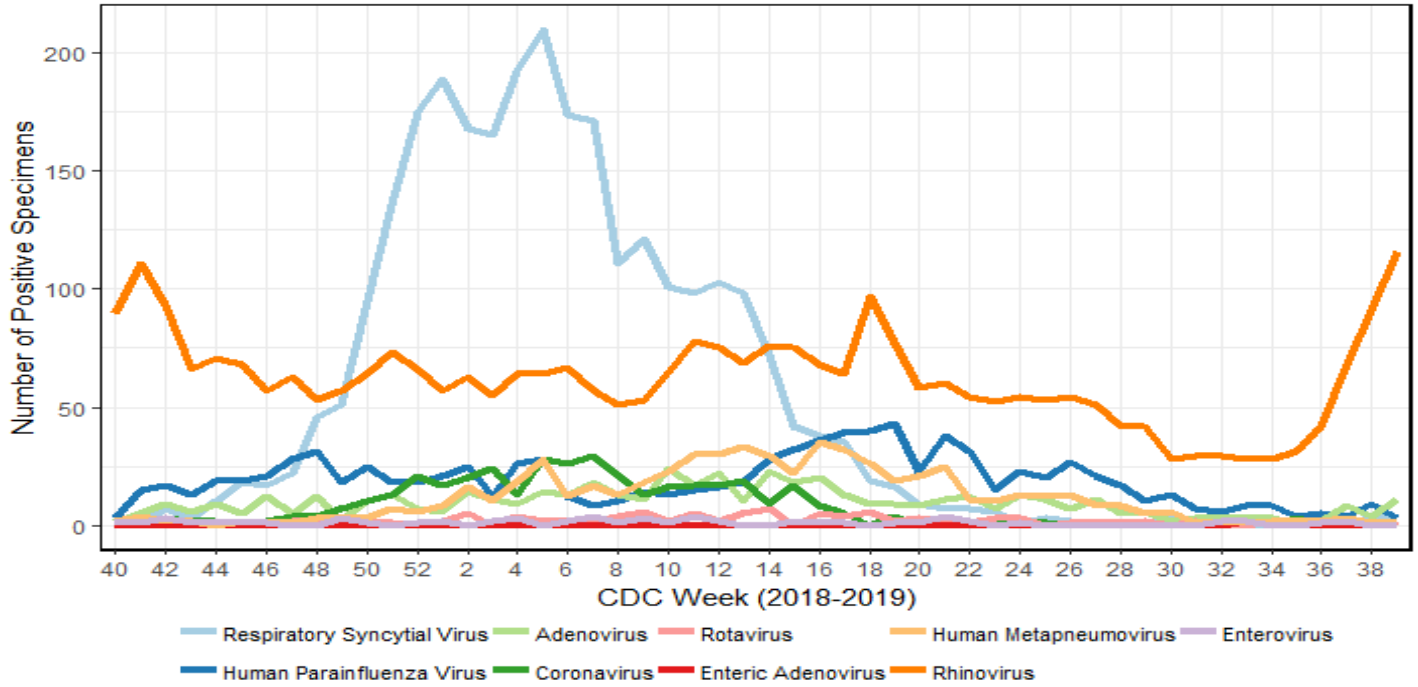
Local health jurisdictions in turn report long-term care facility influenza-like illness outbreaks to the Washington State Department of Health.

For the 2018-2019 season, 148 influenza-like illness outbreaks in long-term care facilities were reported to the Washington State Department of Health.

Other Causes of Respiratory Infections

During the 2018-2019 season, the following non-influenza respiratory viruses were reported to the National Respiratory and Enteric Surveillance System (NREVSS). For more information about NREVSS, see www.cdc.gov/surveillance/nrevss/index.html.

Figure 5: Respiratory and Enteric Viruses, Washington, 2018-2019 Season



Laboratory Confirmed Influenza-Associated Deaths

Reported Laboratory-Confirmed Influenza Associated Deaths

Note that these counts reflect only deaths officially reported to the Washington State Department of Health and are likely under-reported for a variety of reasons. Influenza may not be listed as a cause of death, influenza testing may not have been performed, and lab-confirmed influenza deaths may not have been appropriately reported to public health. CDC has published information about estimating seasonal influenza-associated deaths: www.cdc.gov/flu/about/burden/how-cdc-estimates.htm

There were two hundred and forty five laboratory-confirmed influenza deaths during the 2018-2019 season: 230 influenza A, 10 influenza B, and 5 type unknown. Most deaths occurred in people with underlying health conditions, or in people with no pre-existing conditions but who were elderly. Two deaths occurred in children.

Table 1: Count and rate of reported laboratory-confirmed influenza-associated deaths by age group, Washington, 2018-2019 season

Age Group (in years)	Count of Deaths	Death Rate (per 100,000 population)
0-4	0	0.00
5-17	2	0.17
18-29	2	0.17
30-49	16	0.83
50-64	56	3.91
65+	169	15.07
Total	245	3.56

Reported Laboratory-Confirmed Influenza-Associated Deaths, Past Seasons

Lab-confirmed influenza death totals reported to the Department of Health for past seasons are presented below in Table 2. Note that for the purposes of tables 2 and 3, each influenza season runs from week 40 of one year to week 39 of the next (roughly October to October). Past season summaries are available on the [Department of Health website](#).

Table 2: Count of Reported Laboratory-Confirmed Influenza-Associated Deaths by Year

Season	Count of Deaths Reported for the 2018-2019 Season
2018-2019	245
2017-2018	296
2016-2017	278
2015-2016	67
2014-2015	156
2013-2014	80
2012-2013	54
2011-2012	20
2010-2011	36

Table 3: Count of Deaths Reported to WA DOH by County of Residence

Table 3 shows the count of laboratory-confirmed influenza deaths reported to the Washington State Department of Health by county of residence.

County	Count of Deaths Reported for the 2018-2019 Season
Benton	6
Chelan	5
Clallam	6
Clark	4
Columbia	1
Cowlitz	7
Douglas	3
Grant	3
Grays Harbor	1
Island	2
Jefferson	3
King	54
Kitsap	11
Kittitas	2
Lewis	3
Mason	3
Okanogan	2
Pend Oreille	3
Pierce	42
Skagit	6
Snohomish	26
Spokane	26
Stevens	3
Thurston	13
Walla Walla	2
Whatcom	8

Additional Resources

International Influenza Data: <http://www.who.int/topics/influenza/en/>
National Influenza Surveillance Report: <http://www.cdc.gov/flu/weekly/>

Washington DOH Influenza Information for Public Health and Healthcare Providers:
<http://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/Immunization/InfluenzaFluInformation#recommendation>

Washington Local Health Department Influenza Surveillance Reports:

Clark County: <https://www.clark.wa.gov/public-health/flu>

King County: <http://www.kingcounty.gov/healthservices/health/communicable/diseases/Influenza.aspx>

Kitsap County: <http://www.kitsappublichealth.org/Respiratory.pdf>

Pierce County: <https://www.tpchd.org/healthy-people/provider-resources/disease-information-for-providers/influenza/influenza-reports>

Whatcom County: <http://www.co.whatcom.wa.us/967/Influenza>

Yakima County: <http://www.yakimacounty.us/365/RSV-Flu-Stats>