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Influenza Status Update
02/25/2020

Flu activity in the nation continues to be widespread and high in most states, with an increase in Influenza A (H1N1) pdm09 virus circulating in recent weeks. Overall hospitalizations related to the flu are similar to what has been seen at this time during recent seasons. However, hospitalization rates for children and young adults are higher than recent seasons. The Center for Disease Control and Prevention (CDC) estimates so far this season there have been at least 29 million flu illnesses, 280,000 hospitalizations and 16,000 deaths from the flu, which includes 105 pediatric deaths.

In Connecticut, the influenza-like illness (ILI) was higher this week than last week. Flu activity continues to be widespread. The percent of emergency department visits of ILI was higher than in previous weeks and a total of 1,909 influenza hospitalizations have been reported. There have been a total of 49 influenza-associated deaths so far, including 1 pediatric death.

Getting vaccinated is the best way to prevent the flu and its potentially serious complications.

Antiviral medications are effective when prescribed early to reduce the severity of flu symptoms and the duration of the illness.

Recognize the signs and symptoms of the flu and stay home from work/school if you think you have the flu.

For signs/symptoms of the flu, measures to take when ill and ways to reduce the spread of flu click here:

<https://www.greenwichct.gov/DocumentCenter/View/14047/Flu-Guidance-Poster-Sept-2019-?bidId=>

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