
2019-2020 Community Influenza Surveillance Report

Update of Current Status

November 13th, 2019

First Report of the 2019-2020 Season

The 2019-2020 influenza season is underway and the Middlesex-London Health Unit is once again pleased to provide its weekly *Community Influenza Surveillance Report*.

The *Community Influenza Surveillance Report* is one of the Health Unit's most important means of communication with health professionals, community partners, local media, and the community at large to provide up-to-date information about influenza and respiratory illness in London and Middlesex County during the influenza season. These reports are released each Wednesday during influenza season and include an overall assessment, details of the current level of influenza activity, and links to useful information.

Overall Assessment

The current level of influenza activity in Middlesex County and the City of London is low. To date, there have been no laboratory-confirmed influenza cases identified in the Middlesex-London region since September 1st, 2019. However, other regions of Ontario are reporting sporadic activity, and both influenza A and influenza B cases have been identified.

Analysis and Action

The influenza season in Ontario has begun. If they haven't done so already, local residents are encouraged to receive their seasonal influenza vaccine as soon as possible, well in advance of peak influenza activity.

Regardless of the level of local influenza activity, there are a number of easy-to-follow steps that local residents can take to avoid becoming sick throughout the year. While washing your hands with soap and warm water, or using an alcohol-based hand sanitizer, remain effective ways to prevent many illnesses, including influenza, local residents should also cover their coughs and sneezes, clean and disinfect high-touch surfaces frequently, and stay home when they feel sick.

Details of Current Local Activity

Between November 3rd and November 9th there were no laboratory-confirmed cases of influenza reported to the Health Unit; nor have there been any laboratory-confirmed cases of influenza reported in the Middlesex-London region since the beginning of the influenza surveillance season on September 1st, 2019.

Appendix A provides more detail about laboratory-based influenza activity indicators for the current reporting week, as well as other local indicators of respiratory illness.

Provincial and National Comparison

In this week's *Ontario Respiratory Pathogen Bulletin*, Public Health Ontario states that influenza activity across the province is low, and similar when compared to what had been reported the previous week. In the most recent week 55.6% (5/9) of positive specimens were influenza A, and 44.4% (4/9) were influenza B.

In this week's *FluWatch*, the Public Health Agency of Canada reports that so far this season, the most common influenza virus identified is influenza A, with 82% of subtyped specimens being the A(H3N2) strain. The majority (46%) of influenza A cases have been among those aged 65 and over, while 82% of influenza B cases have been among those under the age of 45.

- The latest *Ontario Respiratory Pathogen Bulletin*, issued by Public Health Ontario (PHO), is available at <https://www.publichealthontario.ca/en/data-and-analysis/commonly-used-products/respiratory-pathogens-weekly>
- The latest *FluWatch* report, issued by the Public Health Agency of Canada (PHAC), is available at <http://www.phac-aspc.gc.ca/fluwatch/>

Appendix A

Summary of Community Influenza Surveillance Indicators for Middlesex-London November 3rd to November 9th, 2019

Table 1: Summary of laboratory-based influenza activity indicators, Middlesex-London and Ontario, 2019-2020 influenza surveillance season

Indicator	Reporting Period	Number Reported: <i>Current Reporting Period</i>	Number Reported: <i>Year to Date</i> <i>(from September 1, 2018)</i>	Recent Trends
Laboratory-confirmed cases ^{1,4}	Nov. 3-9 (week 45) ²	Influenza A – 0 cases Influenza B – 0 cases	Influenza A – 0 cases Influenza B – 0 cases	Influenza A: Same as the previous week (Oct. 27-Nov. 2) when no cases were reported. Influenza B: Same as the previous week (Oct. 27-Nov. 2) when no cases were reported.
Influenza sub-types ¹	Nov. 3-9	0	0	No local cases reported to date.
Hospitalizations ^{1,5}	Nov. 3-9	0	0	No local cases reported to date.
Deaths ^{1,5}	Nov. 3-9	0	0	No local cases reported to date.
Influenza outbreaks in long-term care homes/retirement homes/acute care	Nov. 3-9	Influenza A – 0 outbreaks Influenza B – 0 outbreaks	Influenza A – 0 outbreaks Influenza B – 0 outbreaks	No local institutional outbreaks declared to date.
Percentage of samples that are positive for influenza (Ontario) ³	Oct. 27-Nov. 2 (week 44) ²	Influenza A – 0.5% positivity Influenza B – 0.4% positivity	N/A	Influenza A: Same as 0.5% positivity reported the previous week (Oct. 20-26). Influenza B: Similar to 0.3% positivity reported the previous week (Oct. 20-26).

Notes:

1 Numbers are subject to change week by week due to the retrospective nature of reporting.

2 Weekly influenza monitoring often uses numbered weeks from 1 to 52 weeks per year. A reference week calendar can be found at <https://www.canada.ca/en/public-health/services/diseases/flu-influenza/influenza-surveillance/fluwatch-weeks-calendar.html>

3 Public Health Ontario, Ontario Respiratory Pathogen Bulletin 2019-2020

4 The week cases are reported to the Health Unit may not be the same as week of illness onset.

5 The week hospitalizations and deaths are reported to the Health Unit may not be the same as the week in which they occurred, or the same as the week of illness onset.

Table 2: Summary of community-based respiratory illness indicators, Middlesex-London, 2019-2020 influenza surveillance season

Indicator	Reporting Period	Number Reported: <i>Current Reporting Period</i>	Recent Trends
Hospital emergency room reports regarding the percentage of patients with fever and respiratory illness	Nov. 3-9	An average of 6.8% of patients presented with fever and respiratory symptoms. The proportion was highest at the pediatric emergency department, where 19.9% of patients presented with a fever and respiratory symptoms.	Same as 6.8% reported the previous week (Oct. 27-Nov. 2). Higher than 19.3% reported the previous week (Oct. 27-Nov. 2).
Absence reports from elementary schools (i.e., absenteeism > 10%)	Nov. 4-8	Seventeen elementary schools from one school board reported average absenteeism (due to all causes) exceeding 10%.	Lower than the previous week (Oct. 28-Nov. 1) when 18 elementary schools reported increased absenteeism.

The Middlesex-London Health Unit gratefully acknowledges the contributions of the following community partners who provide data for this report:

- London Health Sciences Centre
- St. Joseph's Health Care London
- Thames Valley District School Board

This page intentionally blank.