

Health Office News

Influenza Update Connecticut Department of Public Health – Posted 4/25/2019

Influenza Season Update for Week 16 * (The week ending on Saturday, April 20, 2019)

Key Points

- Classification of Connecticut geographic activity remains at widespread.
- Influenza activity remains elevated nationally and within Connecticut. I
- Influenza A viruses remain the predominate type circulating with flu A (H3N2) viruses exceeding and now replacing flu A (2009 H1N1) as the most common subtype identified. These circulating influenza A (H3N2) viruses resulted in an increased wave of flu activity, which is now decreasing. Few influenza B viruses have been identified this season, although a slight increase has recently been observed.
- The U.S. Centers for Disease Control and Prevention (CDC) recent reports on the percentage of people nationally seeing their health care provider with influenza-like-illness (ILI) is currently 2.4%, above the national baseline of 2.2% for elevated ILI activity.
- You and your family should continue to take steps to prevent influenza-related illness and hospitalization: <https://portal.ct.gov/DPH/Immunizations/Seasonal-Influenza>. The use of antiviral drugs is an important tool in the prevention of hospitalizations and other severe flu illness outcomes. You should contact your doctor quickly if you have a cough, sore throat, chills, body aches and fatigue or other symptoms of influenza.

Spring allergy season: The most hated time of year if you are part of the 8 percent of adults in the United States who suffer from pollen allergies and the sneezing, watery eyes, and an endless amount of tissues. You may ask how a seasonal allergy is different from a cold or the flu. Seasonal allergies can make you sneeze and cough, have a stuffy or runny nose, and swollen sinuses. However, a cold or the flu can make you feel the same way.

This list of symptoms can help you decide if you have seasonal allergies or a cold or the flu. To find out for sure, see your doctor.

Cold and Flu Symptoms

Fever
Sore throat
Aches
No itchy eyes, nose, or throat
Runny nose with yellow mucus
Symptoms may start slowly

Symptoms usually go away in a few days

Seasonal Allergy Symptoms

No fever
No sore throat
No aches
Itchy eyes, nose, or throat
Runny nose with clear mucus
Symptoms usually start quickly
(after breathing in pollen)
Symptoms can last a long time

*Remember always tell someone if you are feeling sick. Only a health care professional can tell you why you are feeling sick and help you get better.