



Disease Control and Epidemiology

Orange County Reports Season's First Influenza Case

October 19, 2018

The Orange County Health Care Agency (HCA) has confirmed the county's first case of influenza for the 2018-19 season. The best way to prevent the flu is by getting vaccinated. Anyone who has not already received the flu vaccine should get it now before influenza activity increases.

Provider Reminders

- Health care providers should consider influenza in patients who present with an abrupt onset of fever, cough, runny or stuffy nose, sore throat, and/or body aches. It's important to note that not everyone with influenza will have a fever.
- Droplet precautions, in addition to standard precautions, should be implemented for patients with suspect or confirmed influenza while in healthcare settings. See <https://www.cdc.gov/flu/professionals/infectioncontrol/healthcaresettings.htm> for more information.
- Antiviral treatment is recommended as early as possible for any patient with confirmed or suspected influenza who is hospitalized, has severe, complicated or progressive illness, or is at higher risk of complications from influenza. Treatment should not be delayed while awaiting laboratory confirmation.
- Rapid diagnostic or immunofluorescent (e.g., DFA/IFA) tests for influenza may be falsely negative and do NOT exclude a diagnosis of influenza.
- For clinical guidance on influenza, see www.cdc.gov/flu/professionals.
- All severe cases of influenza should be reported to HCA Epidemiology & Assessment Program immediately at 714-834-8180. Severe cases are defined as cases under the age of 65 years admitted to the intensive care unit or who have died.

Influenza Vaccination

Routine annual influenza vaccination continues to be recommended for all persons aged ≥ 6 months without contraindications. Vaccination is particularly important in [persons at higher risk for complications of influenza](#) and persons who live with or care for these high risk individuals. Children aged 6 months through 8 years who have not had at least two doses of influenza vaccine before July 1, 2018 should receive two doses, separated by 4 weeks, for the 2018-19 season. The Centers for Disease Control and Prevention (CDC) posted updates to [influenza vaccine recommendations](#) which were summarized in last month's [Eye on Influenza newsletter](#).

Influenza vaccine is readily available throughout the community.

- For retail locations, see the [HealthMap Vaccine Finder](#).
- For free publicly funded vaccine, see www.ochealthinfo.com/flu for a list of clinics or call the Health Referral Line at (800) 564-8448.
 - Free flu shots are also be available at the Health Care Agency Family Health Clinic. No appointment is needed.
 - When: Every Thursday, from 8 am-11:30 am and 1 pm-4 pm
 - Where: 1725 W. 17th Street, Santa Ana 92706

Contact Information

If you have any questions, contact HCA Epidemiology at 714-834-8180 or visit us at www.ochealthinfo.com.