

INFLUENZA

Influenza Like Illness (ILI), is a respiratory infection characterized by fever (100°F or greater), cough and/or a sore throat in the absence of a known cause. Influenza (Flu) is an acute infection of the respiratory tract (nose, throat and lungs) caused by influenza viruses. Influenza is highly contagious and causes mild to severe illness. Severe forms of influenza may lead to hospitalizations and sometimes even death. People who are at greater risk of flu complications include children (especially those younger than 2 years), the elderly (65 years or older), pregnant women, and people with long-term medical conditions such as asthma, diabetes, heart disease, cancer and HIV/AIDS.

Prevention of Influenza

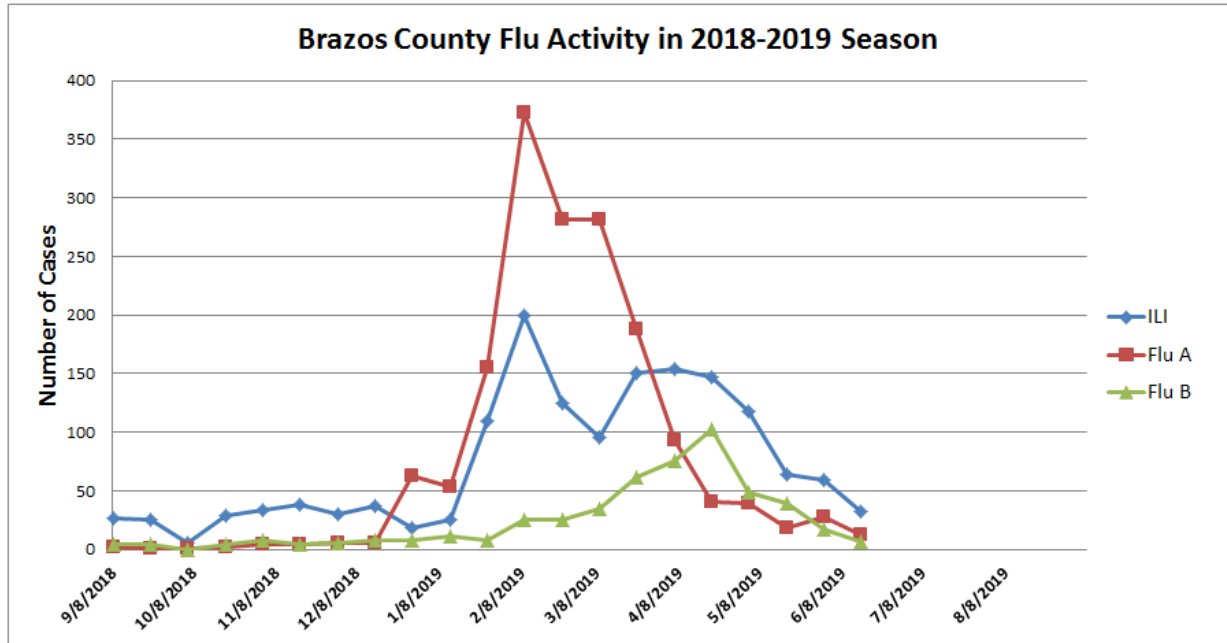
1. Vaccination is the most effective method of prevention of the flu. The health district highly recommends vaccination to all (especially children, the elderly, Long Term Care Facility residents, and high risk groups).
2. Cough etiquette (Cover your cough)
3. Hand washing.
4. Avoidance of contacts with the sick.
5. If you have the flu:
 - a) Seek early treatment
 - b) Stay at home till fever is gone for 24 hours.
 - c) Avoid group/public activities.

For any questions and more information, please contact the Brazos County Health District at **979-361-4440**

Brazos County Flu Activity Reports

Weekly influenza activity reports are submitted to the Brazos County Health District by healthcare providers (hospitals, clinics, laboratories, schools, nursing homes), and other healthcare partners. This information is categorized into Influenza-Like Illness (ILI) and laboratory confirmed cases of Flu A, Flu B or Flu Non Differentiated (ND). Additionally outbreaks of influenza and influenza associated deaths in children are reported by healthcare providers and healthcare partners to the health district for appropriate actions such as investigations, prevention and control measures, and reporting to the Texas Department of State Health Services and other agencies.

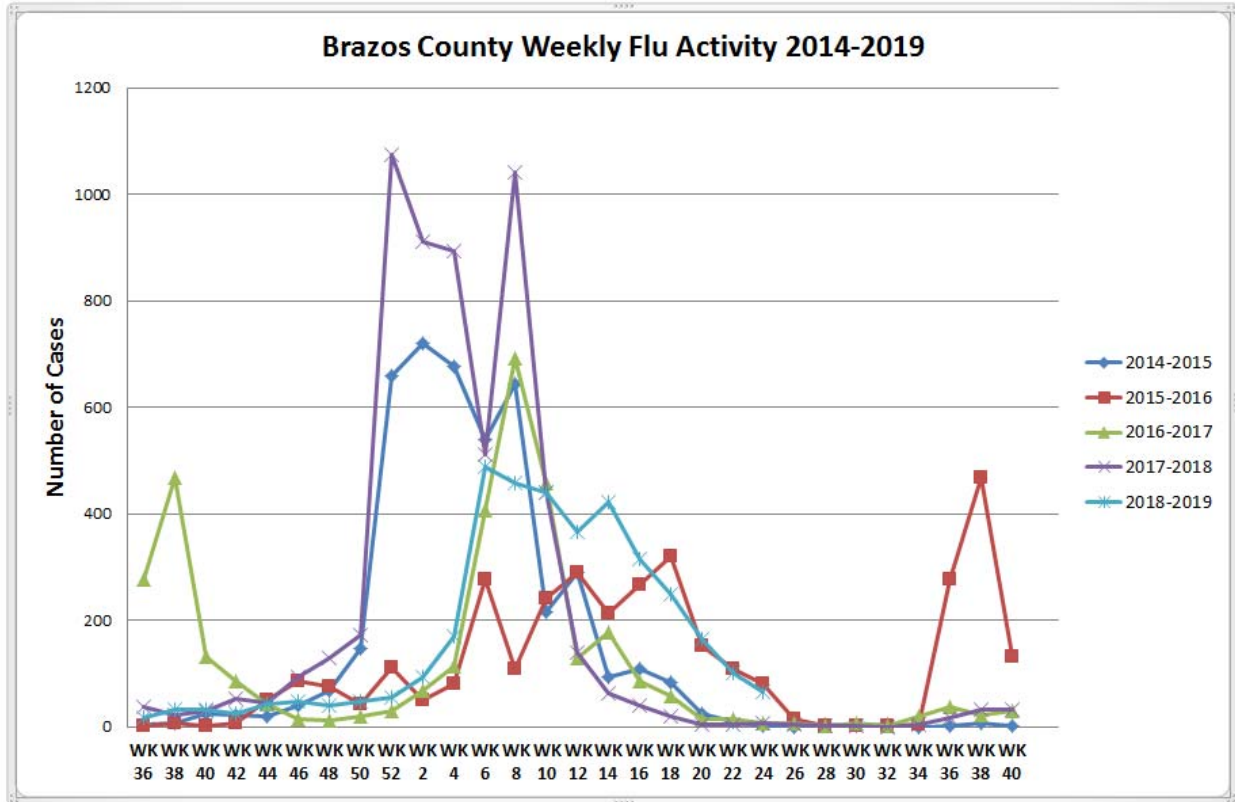
2018-19 Flu Activity in Brazos County



Brazos County Monthly Total Flu Activity, 2014-2019

MONTH	2014-15	2015-16	2016-17	2017-18	2018-19
October	24	105	128	98	66
November	225	137	27	223	88
December	1102	172	101	1775	165
January	1524	369	184	2023	364
February	860	351	1279	2062	1031
March	384	505	448	386	978
April	194	629	227	62	564
May	35	260	29	8	267
June	5	58	15	13	124
July	8	4	8	2	
August	5	281	43	7	
September	8	600	69	81	
TOTALS	4374	3471	2558	6740	

Brazos County Weekly Flu Activity in Past Five Seasons



For questions or further information on influenza, please contact the Brazos County Health District at: **979-361-4440**; or visit the DSHS and CDC websites.

Flu Activity in Texas:

<https://www.dshs.texas.gov/IDCU/disease/influenza/surveillance/2019.aspx>

Flu Activity in the United States: <https://www.cdc.gov/flu/index.htm>

Frequently Asked Questions: <https://www.cdc.gov/flu/faq/index.htm>

Misconceptions About Seasonal Flu and Flu Vaccines:

<https://www.cdc.gov/flu/about/qa/misconceptions.htm>

How to Prevent the Flu: <https://www.cdc.gov/flu/consumer/prevention.htm>

Everyday Preventive Actions for Flu and Other Germs:

<https://www.cdc.gov/flu/pdf/freeresources/updated/everyday-preventive-actions-8.5x11.pdf>

Flu Vaccination Centers in Brazos County

Bryan: <https://vaccinefinder.org/?address=77803>

College Station: <https://vaccinefinder.org/?address=77840>