

## **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.

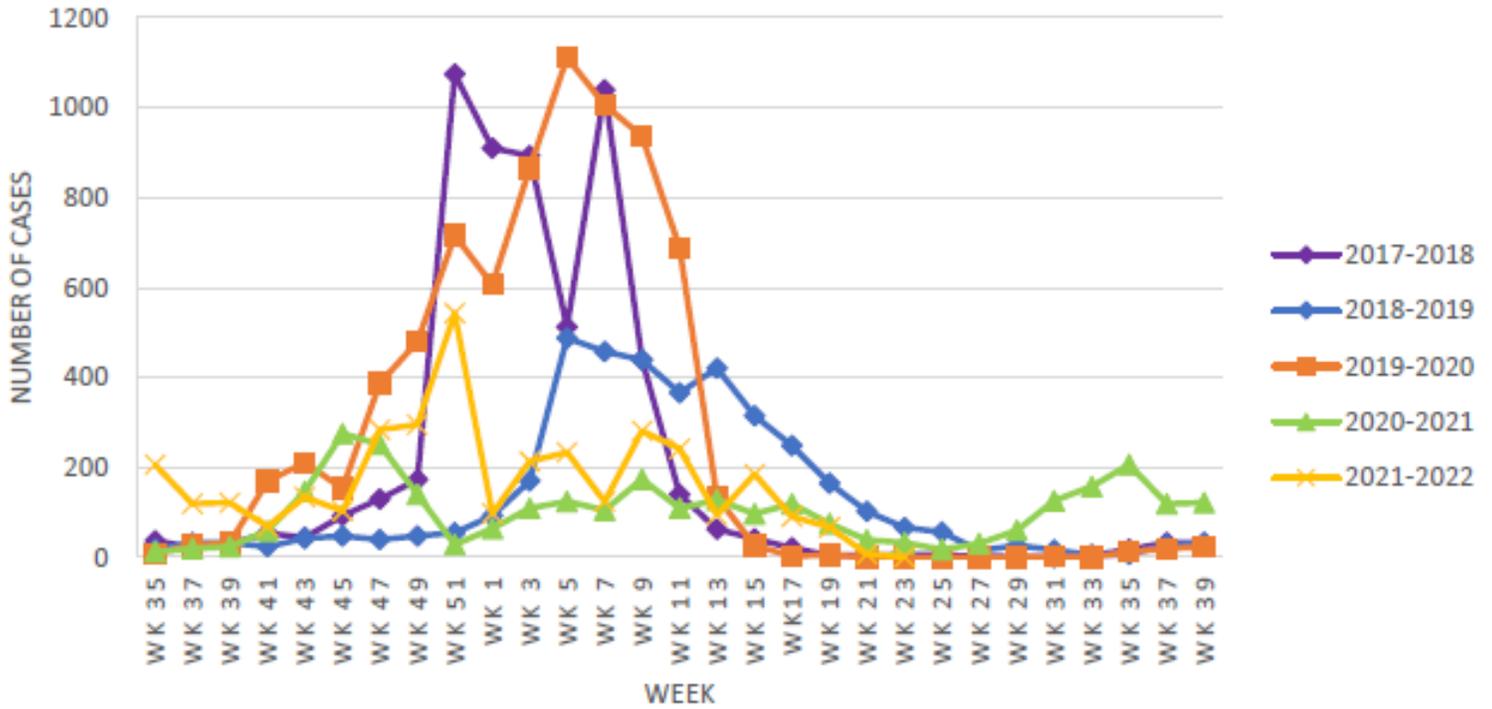
For any questions and more information, please contact the Brazos County Health District at **979-361-4440**

### **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

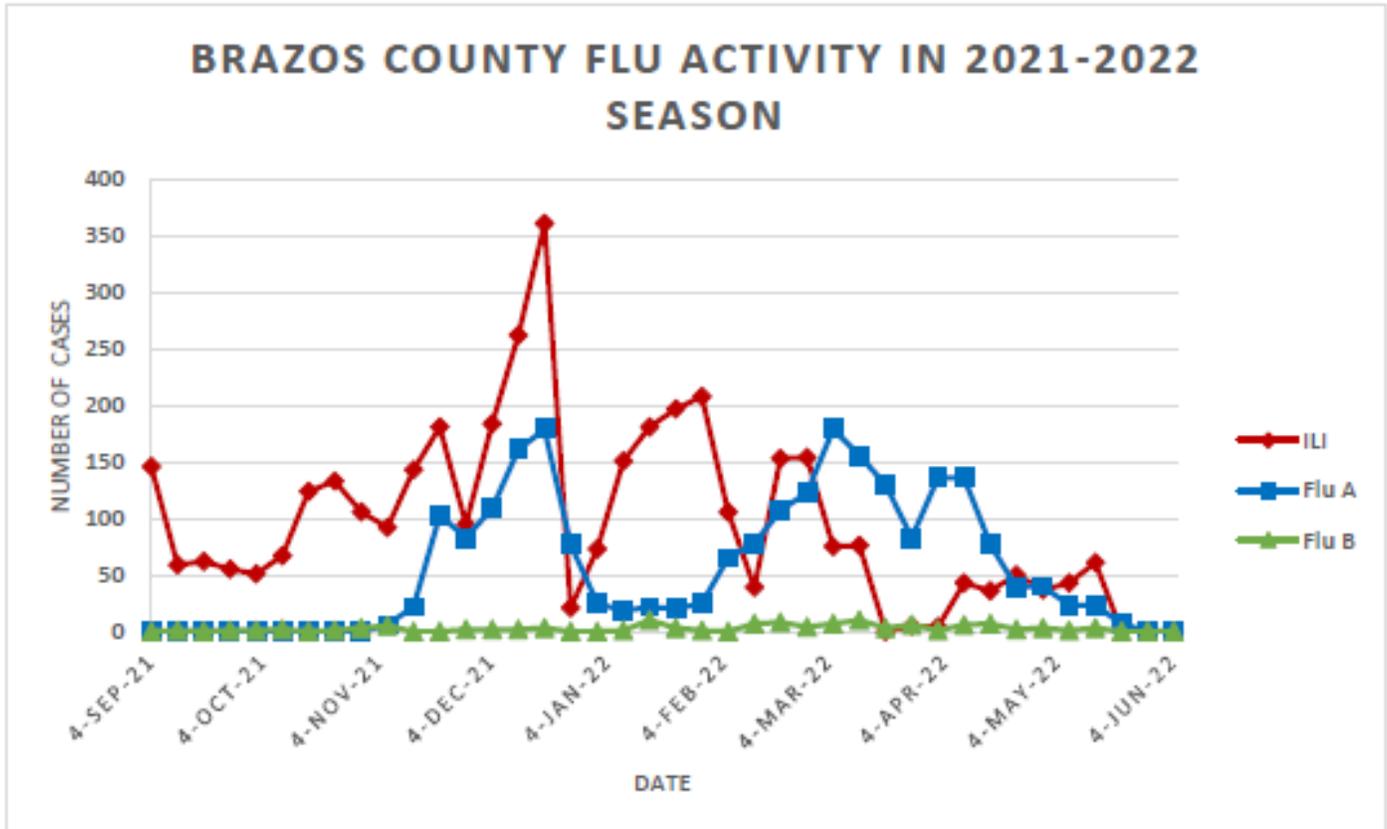
### BRAZOS COUNTY WEEKLY FLU ACTIVITY 2017-2022



Brazos County Monthly Total Flu Activity, 2017 - 2022

<b>Influenza Monthly Totals 2017-2022</b>					
	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022
<b>October</b>	98	66	<b>380</b>	125	489
<b>November</b>	223	88	<b>719</b>	582	732
<b>December</b>	1775	165	<b>1439</b>	207	1361
<b>January</b>	2023	364	<b>1583</b>	182	935
<b>February</b>	2062	1031	<b>2520</b>	229	844
<b>March</b>	386	978	<b>822</b>	283	730
<b>April</b>	62	564	<b>29</b>	225	617
<b>May</b>	8	267	<b>5</b>	216	162
<b>June</b>	13	124	<b>1</b>	68	
<b>July</b>	2	49	<b>0</b>	91	
<b>August</b>	7	19	<b>13</b>	246	
<b>September</b>	81	59	<b>43</b>	325	
<b>TOTALS</b>	<b>6740</b>	3774	<b>7554</b>	2817	

Brazos County Weekly Flu Activity Last Season



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>