

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.

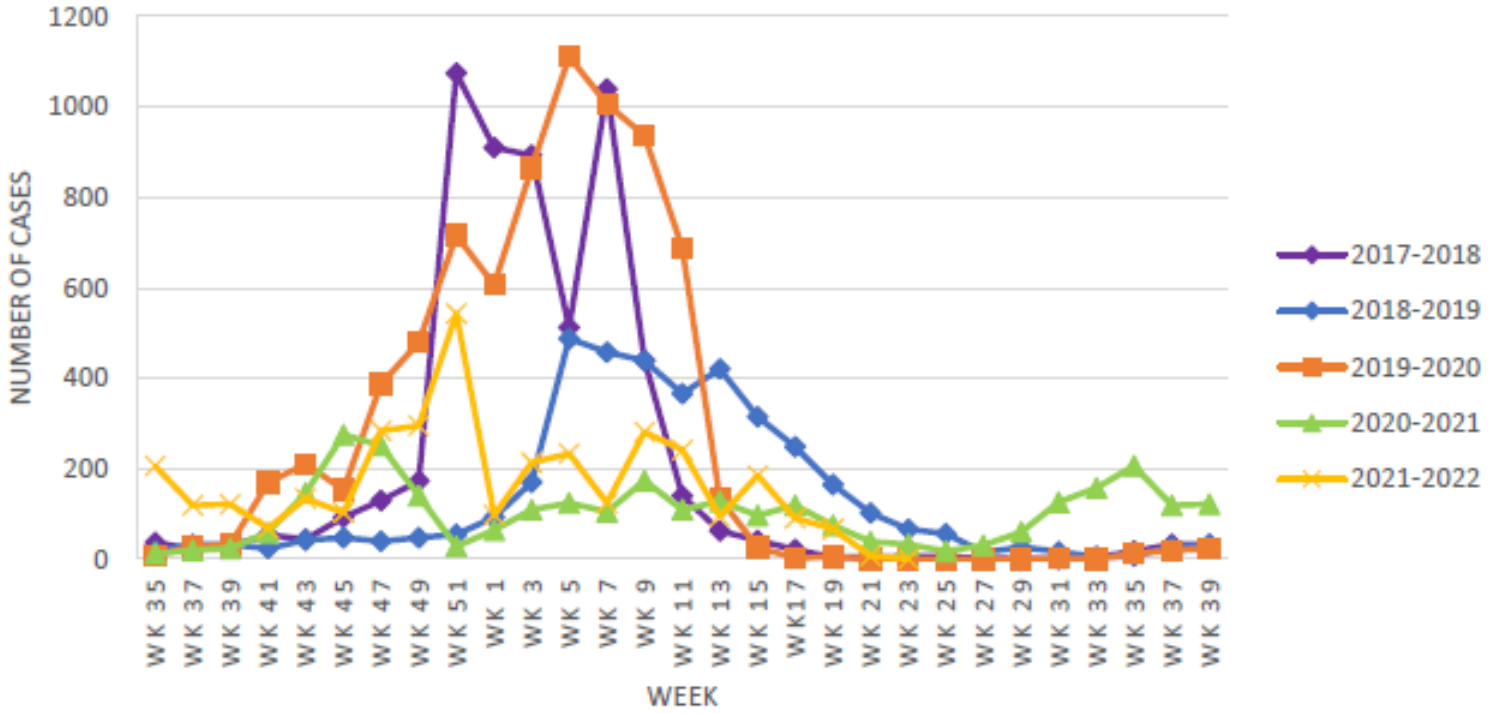
For any questions and more information, please contact the Brazos County Health District at **979-361-4440**

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

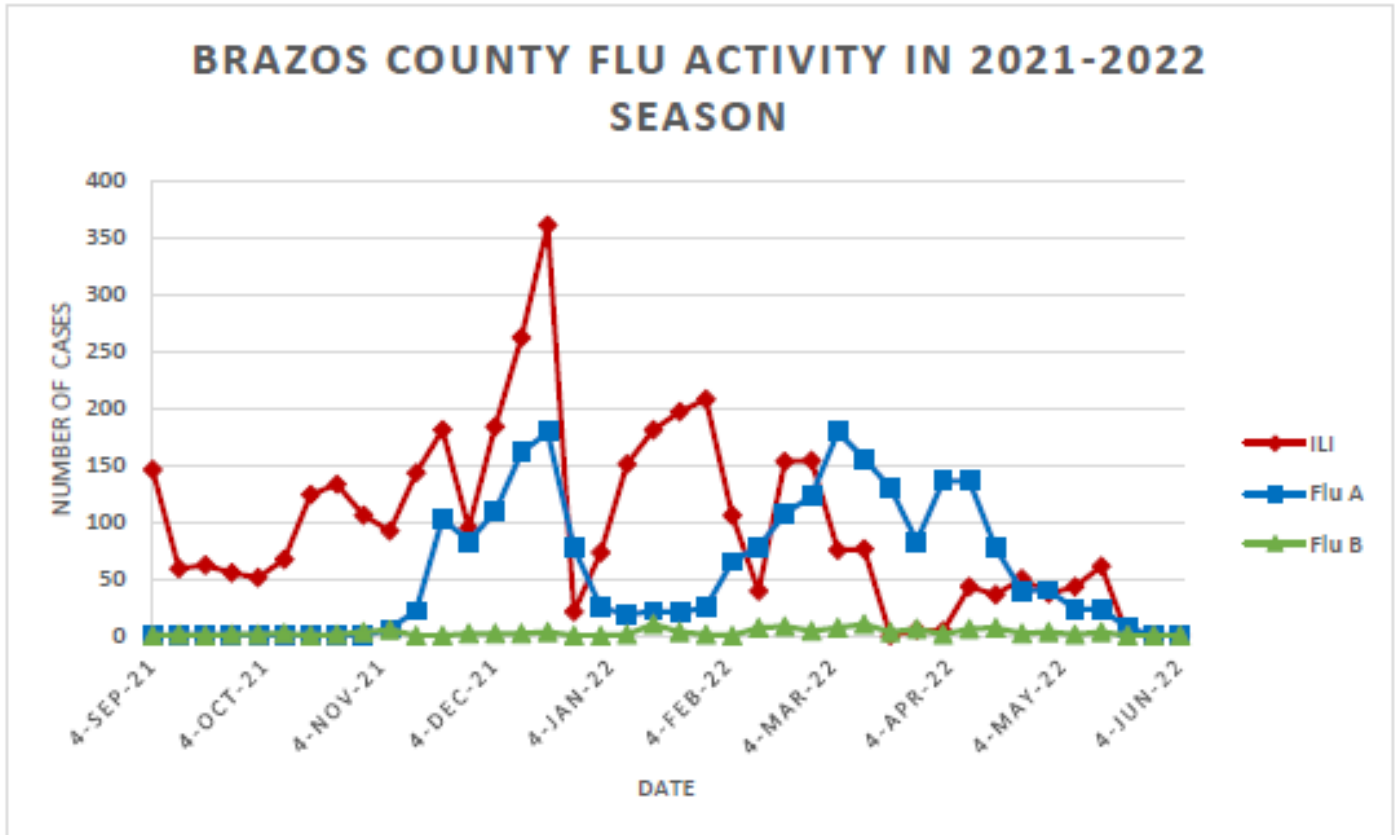
BRAZOS COUNTY WEEKLY FLU ACTIVITY 2017-2022



Brazos County Monthly Total Flu Activity, 2017 - 2022

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