

Keep Watch on the Flu with the Influenza Season Weekly Update

Update to York Region health care providers as of December 19, 2019

York Region Public Health's [Influenza Season Weekly Update](#) is an online resource that can help you and your practice keep track of influenza activity in York Region. Every Tuesday, the weekly report is updated to keep you informed about:

- Current laboratory-confirmed case counts of influenza A and B strains
- Comparisons to previous influenza seasons
- Age-specific case counts
- Respiratory institutional outbreaks
- Distribution of quadrivalent and high-dose trivalent influenza vaccines
- Current availability and wait time for processing orders for influenza vaccines

Visit bit.ly/YRflureport to access the report directly or visit york.ca/healthprofessionals and find the Influenza Season Weekly Update under *Health Statistics and Reports*.

Flu Season so far in York Region

Flu activity is increasing in York Region, however it will likely be a few more weeks until we hit the peak of influenza activity for this flu season. Currently, 67 laboratory-confirmed cases of influenza have been reported, 18 of which were reported during the previous week.

Most cases are influenza A, though there is more influenza B activity than anticipated this early in the season. The pattern of influenza season activity in York Region so far resembles what's being seen in Ontario.

In Ontario, just over half of the laboratory-confirmed influenza A cases through early December, have been sub-typed as H3N2, while the remaining are H1N1, with H1N1 increasing in recent weeks.

Despite some preliminary indication of potential vaccine mismatch with the H3N2 strain and what may be a good match with the B strain seen, it is too early in the season to confirm overall vaccine efficacy. Vaccine efficacy reports are typically released in February once a sufficient number of influenza cases have been tested provincially.

It's not too late to get immunized! Please continue to advise your patients about the importance of getting the flu shot as soon as possible – particularly those at high risk. It can take up to two weeks to build an immune response after receiving the flu shot, so getting immunized now can still protect them and those around them.

It is especially important for children to be immunized given the early and increased circulation of influenza B, which commonly impacts young age groups.

Follow the Flu with these resources

The following sites are key sources for staying informed about the flu and its impact in York Region:

Influenza Season Weekly Update – York Region Public Health

bit.ly/YRflureport

FluWatch – Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/flu-influenza/influenza-surveillance.html>

Ontario Respiratory Pathogen Bulletin – Public Health Ontario

<https://www.publichealthontario.ca/en/data-and-analysis/infectious-disease/respiratory-pathogens-weekly>

Contact York Region Public Health

For more information on influenza surveillance activities in York Region, contact the Manager of the Surveillance, Education and CQI Unit by phone at **1-877-464-9675 ext. 73065**.