

# The Epi Link

Monthly Update and Newsletter

## Flu Reporting: Who, What, When, and Why

The City of Amarillo Department of Public Health monitors and reports the levels of flu in the community. The 2017-2018 flu season has been intense and continues with widespread activity. Weekly local flu reports are available here: <http://amarillo.gov/departments/community-services/public-health/communicable-disease/community-reports>

### Who should report?

- Any facility which completes influenza testing and receives results.
- Current reporting forms are available by fax or online here: <http://amarillo.gov/home/showdocument?id=1817>

### What and When?

- The date tested
- The county of the patient who tested positive for flu
  - The city and state can be reported if the county is unknown
- What the positive result is
  - Flu A, Flu B, Influenza-like Illness, Undifferentiated Flu
- If the patient was hospitalized or died from flu
- *Reporting dates start each Sunday and end each Saturday.*

### Why should I report?

- Reporting ensures the City of Amarillo Public Health Department can monitor the community effectively for flu outbreaks, and release accurate health alerts if necessary.
- The Texas Department of State Health Services works with the CDC to monitor and track flu numbers for the country to determine the effectiveness of the vaccine. The CDC uses these data to create an appropriate vaccine.

## Sample Flu Reporting Form

City of Amarillo Department of Public Health Influenza 2017-2018  
RAPID FLU TEST AND INFLUENZA LIKE ILLNESS REPORT

Your Facility Name: **ABC Clinic**

Influenza Like Illness (ILI) is defined as a patient with fever over 100° F, cough, and/or sore throat who is **either not tested for flu or is negative** on result.

Please report the information below for patients seen in your clinic **each day** by county of patient's residence.  
Hospitals please report the number of people admitted to the hospital and deaths for each day by county.

**Reporting dates start each Sunday and end each Saturday.**

Date	County where patient resides	Patient Rapid Flu Test Result			Total ILI w/negative flu or no flu test	Total Hospitalized w/Flu	Deaths from Flu
		# Positive "A"	# Positive "B"	# "Undifferentiated"			
2/9/2018	Potter	4	4		12		
2/9/2018	Randall	1	2		45		
2/10/2018	Deaf Smith	2		1			
2/11/2018	Potter		8		12		
2/11/2018	Clovis, NM	1	1				

## 2017-2018 Flu Season Additional Information

### Symptoms and Reporting

- A patient is contagious approximately one day **before** onset of symptoms and for 3-7 days after symptom onset
- Influenza-like Illness (ILI) is reportable. Case definition:
  - Fever ( $\geq 100^{\circ}$  F [ $37.8^{\circ}$  C])
  - Cough and/or sore throat
- Even though a rapid flu test may be negative, **please** consider a flu diagnosis if clinical symptoms apply.

### Prevention

A recent study suggests flu is spread not only by droplets (e.g. sneezing) and to a lesser degree fomites (inanimate objects which harbor pathogens), but also aerosols – such as breathing. Read the article here: [Flu Aerosols](#)

### How to avoid getting the flu

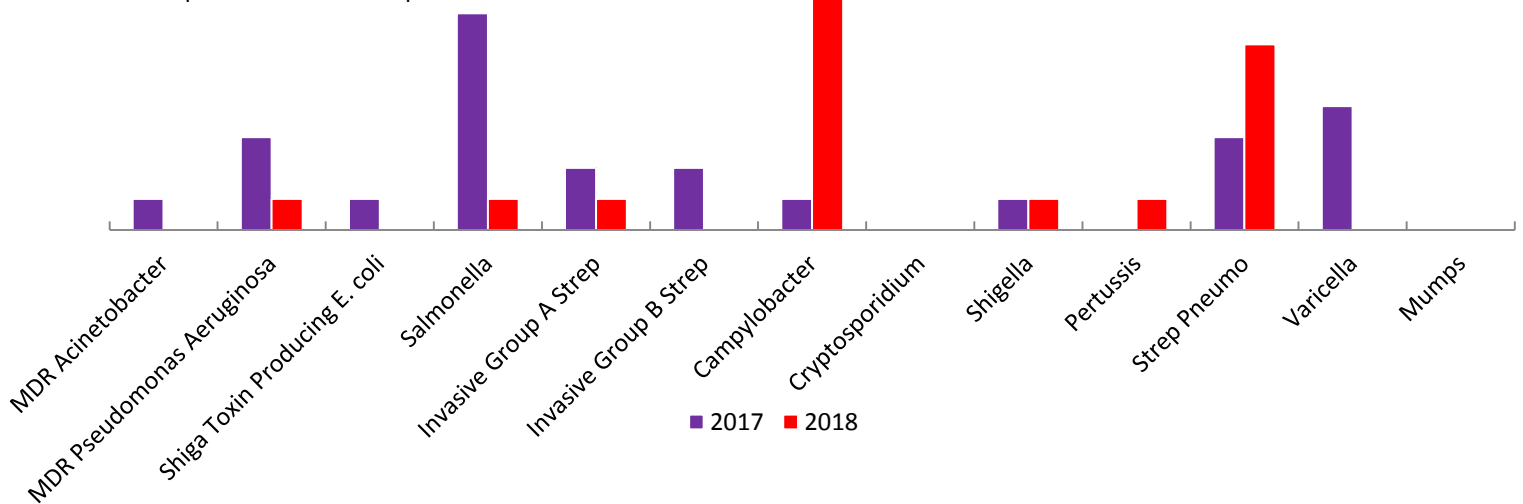
- Get a flu vaccine - recommended yearly
- Try to avoid close contact with those who are sick
- Cover your cough and sneeze with a tissue or the inside of your elbow
  - **Do not cough or sneeze into your hands or into the air**
- Wash your hands often with soap and water

### What to do if you are sick

- Speak to your doctor
- **Stay home** for at least 24 hours after your fever is gone, except to get medical care or necessities
- Take anti-viral medication, as prescribed by your doctor

### January Case Comparison 2017 and 2018\*

\*All data are provisional. All data points without labels are <10 cases.



Communicable Disease Reporting  
Gather patient demographics, relevant labs, and office notes  
Fax all information with a coversheet to 806-378-6306, attn: Communicable Disease  
For more information call: Laurie Burton – 806-378-6321 or Kirstin Williams – 806-378-6353  
List: <http://www.dshs.texas.gov/idcu/investigation/conditions/>

