



Influenza is everywhere!

As the map below shows, it doesn't get much worse for influenza (and RSV) in Colorado. Well, I hope not anyway. We have upticks in Influenza, COVID, and RSV all occurring at the same time. I have several patients with both COVID and Influenza and they are pretty sick.

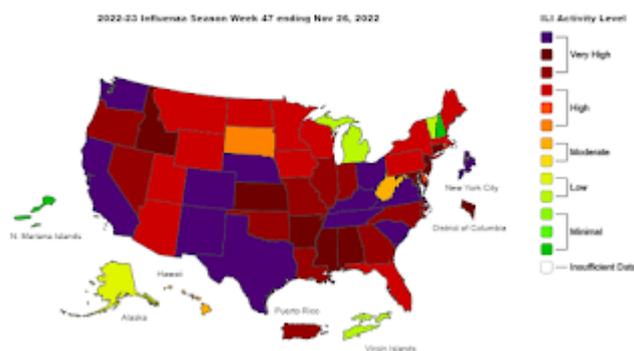
- **Stressed Hospitals**
- **You can still vaccinate for COVID and Influenza !!** It's not too late.
- **Tamiflu shortage** — save it for treating patients and limit its use for prophylaxis.
- **N95 masks work better** than surgical masks to protect against Influenza, COVID, RSV. I'll be wearing one until this surge of viral nastiness has past (~6 weeks I hope).
- The circulating Influenza strains are Influenza A H3N2 (nastiest strain) and Influenza A N1H1.
- We actually made a good guess at which virus strains to use for the Flu Vaccine this year....SCARY!!

See details below.

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CDC Map and Key Points

[Weekly U.S. Influenza Surveillance Report | CDC](#)

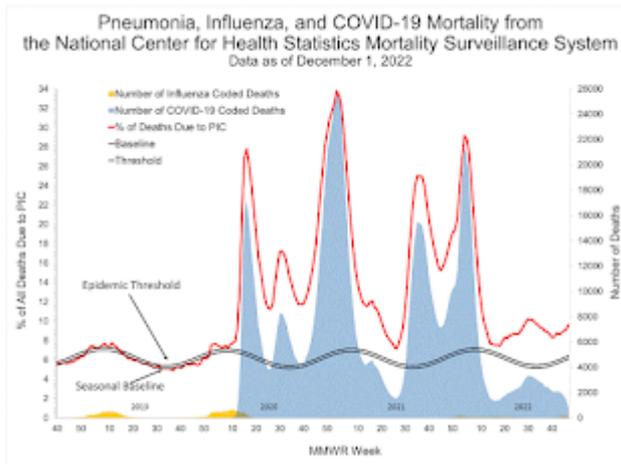


Key Points

- Seasonal influenza activity is high and continues to increase across the country.
- Of influenza A viruses detected and subtyped this season, 79% have been influenza A(H3N2) and 21% have been influenza A(H1N1).
- Two influenza-associated pediatric deaths were reported this week, for a total of 14 pediatric flu deaths reported so far this season.
- CDC estimates that, so far this season, there have been at least 8.7 million illnesses, 78,000 hospitalizations, and 4,500 deaths from flu.
- The cumulative hospitalization rate in the FluSurv-NET system is higher than the rate observed in week 47 during every previous season since 2010-2011.
- The number of flu hospital admissions reported in the HHS Protect system during week 47 almost doubled compared with week 46.
- The majority of influenza viruses tested are in the same genetic subclade as and antigenically similar to the influenza viruses included in this season's influenza vaccine.
- All viruses collected and evaluated this season have been susceptible to influenza antivirals.
- An annual flu vaccine is the best way to protect against flu. Vaccination helps prevent infection and can also prevent serious outcomes in people who get vaccinated but still get sick with flu.
- CDC recommends that everyone ages 6 months and older get a flu vaccine annually. Now is a good time to get vaccinated if you haven't already.
- There are also prescription flu antiviral drugs that can be used to treat flu illness; those need to be started as early as possible.



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Colorado CDPHE Data

[Influenza & Respiratory syncytial virus | Department of Public Health & Environment \(colorado.gov\)](https://www.colorado.gov/influenza-respiratory-syncytial-virus)

