

Date: January 6, 2017  
To: Medical Care Providers  
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Please distribute to all providers and relevant medical staff in your office.

## Health Alert

### Respiratory Syncytial Virus (RSV) and Influenza (flu) Seasons are here

**Situation:** San Joaquin County is experiencing an increase in RSV and influenza infections. Laboratory surveillance over the last two weeks of 2016 showed that nine of fifteen (60%) of the respiratory samples submitted to San Joaquin County Public Health Laboratory for respiratory PCR testing were positive for RSV. Of the 18 samples submitted for influenza testing last week, eleven (61%) were positive for flu; ten of the flu were H3 and one was H1. No influenza B has been identified by our laboratory surveillance to date. According to statewide surveillance data, both H1 and H3 influenza A strains are a match to the vaccine strains. In California, no oseltamivir (Tamiflu®) resistance has been identified in any of the influenza tested so far this season.

#### **ACTIONS REQUESTED OF CLINICIANS:**

**Think** of RSV and influenza when caring for people with respiratory infections.

**Test** using widely available diagnostic tests. A negative antigen detection test for either disease does not exclude infection. RT-PCR tests with higher sensitivity and specificity are available for both RSV and flu.

**Treat** suspected influenza early with oseltamivir. Treatment is recommended as early as possible for patients with confirmed or suspected influenza who have severe, complicated, or progressive illness; who require hospitalization; or who are at greater risk for influenza-related complications. Treatment for RSV is primarily supportive.

**Prevent** RSV and flu by practicing respiratory hygiene including washing hands frequently, covering coughs and sneezes, and keeping people at high risk for severe disease away from those with respiratory illness.

The flu shot is the best way to prevent flu.

For RSV prevention, Palivizumab is a monoclonal antibody recommended by the American Academy of Pediatrics (AAP) to be administered to high risk infants and young children likely to benefit from immunoprophylaxis based on gestational age, certain underlying medical conditions, and RSV seasonality.

**Report** RSV deaths in children less than five years of age and influenza hospitalizations and deaths in people less than 65 years of age to San Joaquin County Public Health Services (PHS) within one week, as required by State law. Confidential Morbidity Report can be found at:

<http://www.sjcphs.org/disease/documents/cdph110a.pdf?2>. Fax completed CMR to (209) 468-8222.