

Influenza & Hepatitis A Update

Washtenaw County Health Department

February 2018



Washtenaw County
Health Department
healthy together

Washtenaw County Flu Update

Influenza (flu) is a contagious illness that can be spread person to person through droplets when an infected person sneezes, coughs, or talks. Symptoms include coughing, runny or stuffy nose, muscle or body aches, sore throat, fatigue, headache, fever, and/or chills. The flu can affect anyone, but older adults, children, and individuals with chronic health conditions are at greater risk for severe complications from flu.

- **Reports of confirmed influenza are at peak levels in Washtenaw County residents.**

Over 1,000 new cases of flu were reported in the past two weeks. Lab-confirmed flu reports decreased slightly last week, but respiratory illness in schools climbed higher. Influenza outbreaks continue to be reported in long-term care/assisted living facilities. Influenza A/H3N2 is currently the dominant virus, along with some influenza B virus.

- **Flu-related hospitalizations are at high levels.**

Over 250 flu-related hospitalizations have been reported this season, with ages ranging from 3 weeks to 99 years.

- **Seven flu-related deaths among Washtenaw County residents have been reported.**

These individuals were older adults. No flu-related pediatric deaths have yet been reported in county residents.

- **Everyone age 6 months and older needs a flu vaccine every year.**

The nasal flu vaccine is no longer recommended, so all vaccine should be administered in a shot. Although Washtenaw County has the best flu vaccine coverage for children in Michigan at 38%, this is 7% lower than our child flu vaccine rate last flu season (MCIR, 12/31/17).

- **Early treatment with antivirals is an important part of influenza control.**

This is especially true for individuals at high risk for complications from influenza infection.

- **Flu is likely to continue circulating through March.**

Remember to wash hands often using soap and warm water, cover the nose and mouth when sneezing or coughing, disinfect surfaces that may be contaminated with germs, and stay home when sick.

Washtenaw County Health Department Actions

The Washtenaw County Health Department monitors confirmed flu reports, as well as reports of respiratory illness among children at local schools and childcare facilities. We consult with local schools about flu season data, prevention tips, and disease control measures. We also provide guidance on when school closure might be necessary due to widespread illness. This flu season, we distributed hand washing posters to school districts across Washtenaw County.

The Washtenaw County Health Department offers flu vaccine to children and adults regardless of insurance status or income. Cost for the flu shot is \$30 for children and \$40 for adults. Call 734-544-6700 to schedule an appointment.

For local influenza information: www.ewashtenaw.org/flu

Washtenaw County Flu Activity

Washtenaw County Residents • Oct 1, 2017 - Feb 10, 2018

2914

confirmed
flu cases

265

flu-related
hospitalizations

7

flu-related
deaths

Washtenaw County Hepatitis A Update

Hepatitis A is a serious, highly contagious liver disease caused by the hepatitis A virus. The virus is found in the feces (poop) of people with hepatitis A. The virus is spread by eating contaminated food or water, during sex, or from close contact with an infected person. People experiencing homelessness, using illegal drugs, and men who have sex with men are considered at higher risk in the current outbreak. However, many of the current cases of hepatitis A among people in this outbreak do not have these known risks (40% statewide).

Infection with hepatitis A can range from a mild illness lasting a few weeks to a serious illness lasting several months. Symptoms include fatigue, poor appetite, stomach pain or tenderness, nausea or vomiting, dark urine, and yellowing of the skin (jaundice). Symptoms typically appear 2 to 6 weeks after exposure. Most children under 6 years of age do not experience symptoms. Individuals with symptoms should call their health care provider or seek medical care.

- **There is currently an outbreak of hepatitis A among adults in Washtenaw and other Michigan counties.**
Since the outbreak began in August 2016 through February 8, 2018, statewide there have been 736 cases, 596 hospitalizations, and 24 deaths associated with hepatitis A. Washtenaw County has had 15 cases since the outbreak began. To put these numbers into perspective, Washtenaw County typically has about 2 cases of hepatitis A each year.
- **The hepatitis A vaccine is extremely effective at preventing infection.**
Vaccination, along with good hand washing and hygiene, can prevent the spread of illness. The Washtenaw County Health Department encourages all adults to consider hepatitis A vaccination. In addition, vaccination within two weeks of exposure to the virus can prevent infection.
- **The majority of Washtenaw adults have not been vaccinated for hepatitis A.**
The vaccine was first approved for use in the United States in 1995, but was not routinely recommended for all children until 2006. As such, most adults have not been vaccinated (70% unvaccinated).

Washtenaw County Health Department Actions

The Washtenaw County Health Department monitors suspect and confirmed hepatitis A cases. We also work to inform, educate, and vaccinate individuals exposed to known cases to prevent the spread of infection.

The Washtenaw County Health Department offers vaccination for hepatitis A. Weekday appointments are available by calling 734-544-6700. Evening walk-in hours for hepatitis A vaccination have been added and will take place from 6-8 pm on the 2nd and 4th Mondays of February, March and April 2018. Residents with health insurance should check with their health care provider first, as vaccination is a covered benefit.


The Washtenaw County Health Department is also working with service providers, nonprofits, and restaurants to offer vaccination at community locations. With the help of local health care providers and our community partners, over 6,000 Washtenaw County residents have been vaccinated for hepatitis A since October 2017.

For local hepatitis A information: www.bit.ly/StopHepA


There's a
HEPATITIS A OUTBREAK


Most Washtenaw County adults are
NOT vaccinated against hepatitis A

You can #StopHepA

 Wash your hands

 Get vaccinated
734-544-6700

 Washtenaw County
Health Department





Washtenaw County
Health Department

Main Number
734-544-6700

Environmental Health
734-222-3800

publichealth.ewashtenaw.org

  @wcpublichealth