



Public Health Department

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Health Advisory

To: Butte County Clinicians and Health Care providers

From: Andy Miller, M.D. (signed original on file)

Date: November 22, 2019

Re: Influenza Arrives in Butte County

Influenza in Butte County

Influenza is now circulating in Butte County. Lab confirmed cases have been reported from local hospitals and outpatient facilities, with influenza B predominating at this time. To date, in CA, both influenza B and influenza A are circulating. Nationally, influenza B/Victoria is predominating, however, influenza A (H1N1) pdm09 and influenza A (H3N2) are also circulating widely, with variations between regions and age groups. RSV is also increasing in California.

Diagnosis: Influenza or Vaping Related Pulmonary Injury (VAPI)

Because VAPI patients can present with influenza like symptoms, healthcare providers are reminded to ask patients about use of e-cigarettes or vaping products in the 90 days prior to illness onset. Appropriate laboratory testing for influenza (rapid influenza antigen test or PCR) can be useful in diagnosing influenza and ruling out VAPI. Serologic tests for influenza are NOT clinically useful and are recommended against. Further guidance on the diagnosis and clinical management of VAPI can be found on the CDC webpage listed at the end of this advisory and the attached algorithm. If you suspect a case of VAPI, please contact BCPHD at (530) 552-3929.

It's Not Too Late to Vaccinate

PROMOTE INFLUENZA VACCINATION FOR YOUR PATIENTS AND STAFF - INCLUDING PREGNANT WOMEN. Influenza vaccination of pregnant women, who are at high risk for influenza-related complications, not only protects the woman but also decreases her infant's risk of influenza-related hospitalizations during the first 6 months of life (Benowitz et al, Clin Inf Dis 2010). Patients are much more likely to get vaccinated when health care providers strongly recommend their patients get vaccinated. Influenza vaccination should continue from now into the spring. If providers have exhausted their influenza vaccine supply, see <http://flushot.healthmap.org> to find locations where patients can be referred for flu vaccination.

Antiviral Medications

The four prescription antiviral medications recommended for treatment or prevention of influenza are oral oseltamivir (Tamiflu®), inhaled zanamivir (Relenza®), intravenous peramivir (Rapivab®), and oral baloxavir (Xofluza®). These drugs have activity against both influenza A and B viruses. Oseltamivir is available as a generic. Treatment with these antivirals has clinical and public health benefit in reducing severe outcomes

and spread of influenza. Antiviral treatment should be initiated as soon as possible after illness onset as the greatest benefit is seen when treatment is started within 48 hours of illness onset. Treatment should not wait for laboratory confirmation of influenza. Clinical trials and observational data show that early antiviral treatment can shorten the duration of symptoms, reduce the risk of complications from influenza, and reduce the risk of death among hospitalized patients.

Antiviral treatment is recommended as soon as possible for any person with suspected or confirmed influenza virus infection who:

- is hospitalized;
- has severe, complicated, or progressive illness; or
- is at higher risk for complications based on age and/or medical conditions

While antiviral drugs work best when treatment is started within 48 hours of illness onset, clinical benefit has been observed even when treatment is initiated later. Antiviral treatment can also be considered for previously healthy, symptomatic outpatients not at high risk with confirmed or suspected influenza, on the basis of clinical judgment, if treatment can be initiated within 48 hours of illness onset.

Influenza Reporting

Mandated influenza reporting per Title 17 California Code of Regulations includes:

- Laboratory-confirmed influenza-associated deaths in children ages 0-17 years;
- Infections with novel influenza viruses;
- Acute respiratory outbreaks; and
- Laboratory-confirmed respiratory syncytial virus (RSV)-associated deaths in children 0-4 years

In order to continue to collect timely data on local influenza activity, the Butte County Health Officer is requesting that **hospitals** continue **voluntary** reporting of:

- Laboratory-confirmed intensive care unit (ICU) cases 0-64 years of age; and
- Laboratory-confirmed influenza-associated deaths in persons 0-64 years of age

CDPH defines laboratory-confirmed influenza as positive by any test performed by a clinical, commercial or local public health laboratory, including by positive rapid antigen test, direct fluorescence assay, culture, or PCR.

Title 17, California Code of Regulations (CCR), failure to report is a misdemeanor (Health and Safety Code § 120295) and is a citable offense under the Medical Board of California's Citation and Fine Program (Title 16, CCR, § 1364).

Resources

- Surveillance information: www.cdc.gov/flu/weekly/fluactivitysurv.htm; <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Influenza.aspx>. For information on local community influenza activity, clinicians should contact the BCHD at (530) 552-3929.
- Local vaccination sites: <http://flushot.healthmap.org/>
- Antiviral treatment guidelines: <https://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm>
- Information on influenza testing: www.cdc.gov/flu/professionals/diagnosis or contact the BCHD Laboratory at (530) 891-2747.

- Information on the control of institutional outbreaks (updated 1/4/2018):
<https://www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/RecommendationsForThePreventionAndControlOfInfluenzaOct2016.pdf>
- Butte County Public Health Department Influenza Resources:
<http://www.buttecounty.net/ph/Programs/Communicable-Disease/Flu>
- CDC Diagnostic algorithm: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/healthcare-providers/pdfs/Algorithm-EVALI-Nov-2019.pdf
- CDC VAPI guidance for healthcare providers https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/healthcare-providers/index.html

- For consultation or for assistance in reporting cases call the Butte County Public Health Department at (530) 552-3929.

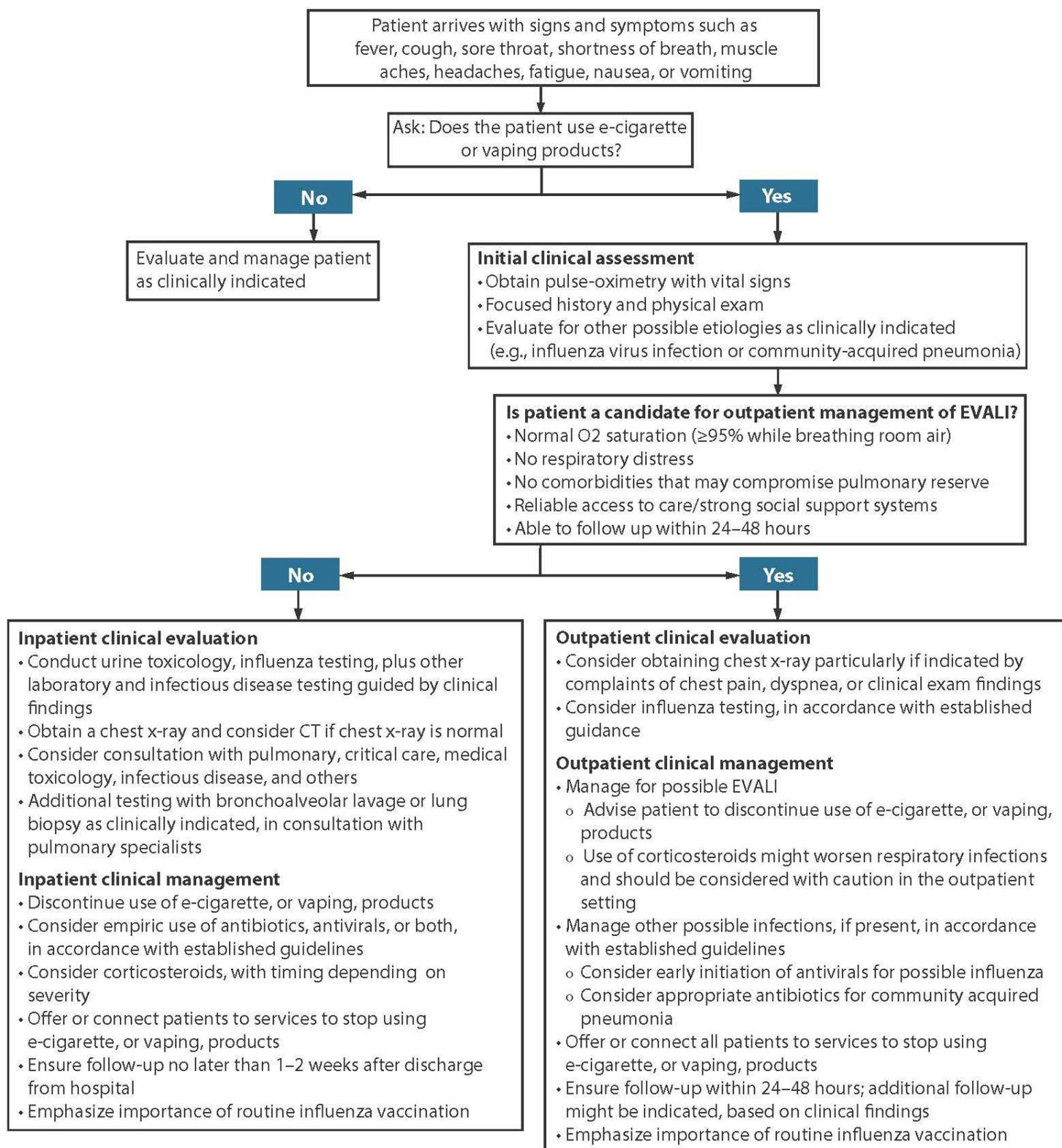
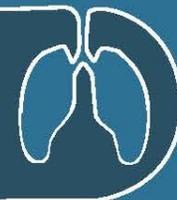
Categories of urgency levels:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action

ALGORITHM FOR MANAGEMENT OF PATIENTS WITH RESPIRATORY, GASTROINTESTINAL, OR CONSTITUTIONAL SYMPTOMS AND E-CIGARETTE, OR VAPING, PRODUCT USE



Abbreviations: CT = computed tomography; EVALI = e-cigarette, or vaping, product use–associated lung injury.

