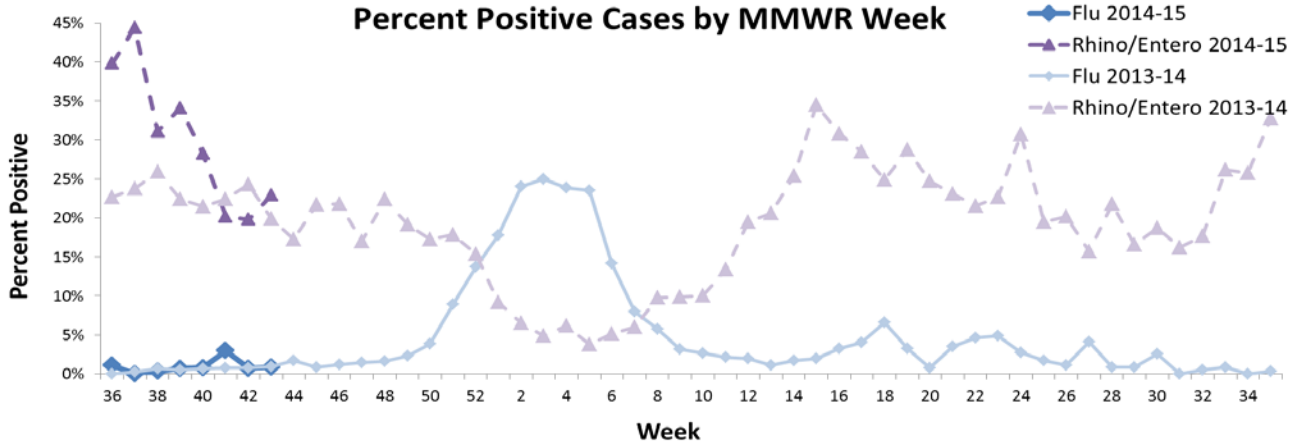


## Flu Activity Remains Low

During the month of October, flu activity remained low both in Los Angeles County (LAC) and across the country. Early reports nationwide show flu A H3N2 is the most commonly identified strain, which is included in the 2014-2015 season influenza vaccine, though flu A 2009 H1N1 and flu B have also been identified, both also included in the vaccine. To date in LAC, no flu-associated deaths have been confirmed and one suspected respiratory outbreak has been reported. In addition to low levels of flu in LAC, other respiratory viruses are circulating as well, including rhinoviruses/enteroviruses which are most common in summer and fall (Figure 1).

**Figure 1. Influenza and Rhino/Enteroviruses, LAC 2013-2015**  
**Percent Positive Cases by MMWR Week**



[Los Angeles County Flu Vaccination Event List](#)



### Fluzone High-Dose Influenza Vaccine

For adults 65 and older a high-dose seasonal flu vaccine is available<sup>1</sup>. Aging can cause human defenses to weaken putting older adults at higher risk for severe illness from flu, as well as decreasing the body's ability to mount a sufficient immune response to the flu vaccine. A study published in the *New England Journal of Medicine*<sup>2</sup> indicated that the high-dose vaccine was 24.2% more effective in preventing flu in adults 65 years and older compared to a standard-dose vaccine. For more information about the different kinds of flu vaccines available this season see: [Key Facts About Seasonal Flu Vaccine | Seasonal Influenza \(Flu\) | CDC](#)

<sup>1</sup>[http://www.cdc.gov/flu/protect/vaccine/qa\\_fluzone.htm](http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm)

<sup>2</sup>[http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured\\_home&](http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home&)

## Scare Away the Flu

Follow these simple steps to help prevent the flu this Halloween!



- Do the "Dracula," cough and sneeze into your sleeve.
- Avoid masks that make kids more likely to touch their eyes, nose, or mouth.



If you or your child are sick, don't go out trick-or-treating. Instead, stay home and watch a scary movie.

- Wash your hands before eating candy.
- If you're sick, don't hand out candy. Instead, leave it on the doorstep.



Remember, you can also keep your children strong against the flu by:

- Getting vaccinated against seasonal flu
- Eating healthy food
- Exercising regularly
- Getting enough rest
- Washing hands with soap and warm water
- Staying home until 24 hours after fever ends
- Asking healthcare provider about antivirals if child has flu-like symptoms