

Time to get your Flu Vaccine!

Now is the time to prepare for influenza season by planning to get vaccinated before influenza begins to widely circulate as immunity can take up to 2 weeks to develop. Although flu activity is at expected low levels currently, sporadic positive cases and respiratory outbreaks have already been reported this season. The Los Angeles County (LAC) Department of Public Health recommends an annual flu vaccine for everyone 6 months of age and older, as the first and most important step in protecting against flu viruses. While influenza activity is unpredictable, the Centers for Disease Control and Prevention data¹ shows that the majority of viruses circulating worldwide recently are similar to the 2015-16 vaccine viruses. This season's vaccine has changed from last year's formulation and contains the following components:

- A/California/7/2009 (H1N1) pdm09-like virus;
- A/Switzerland/9715293/2013 (H3N2)-like virus; **NEW**
- B/Phuket/3073/2013-like virus; **NEW**
- B/Brisbane/60/2008-like virus (quadrivalent formulation only).

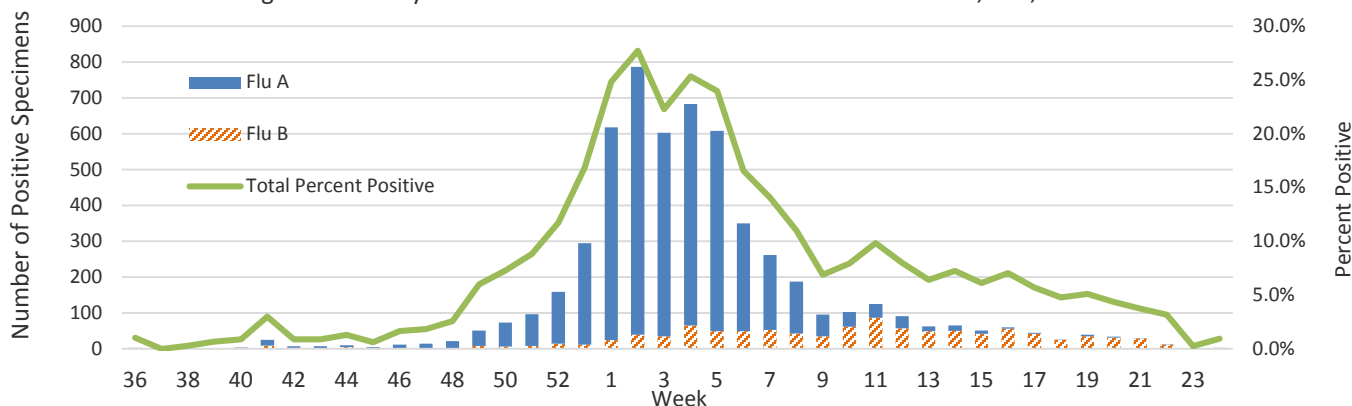
A reminder for healthcare facilities is that the Health Officer order² requiring all healthcare workers receive an annual flu vaccine that went into effect in 2013, applies to this flu season as well as all future flu seasons until the order is rescinded.

To find flu vaccination resources in Los Angeles County, see: <http://www.ph.lacounty.gov/ip/flu/FluLocatorMain.htm>

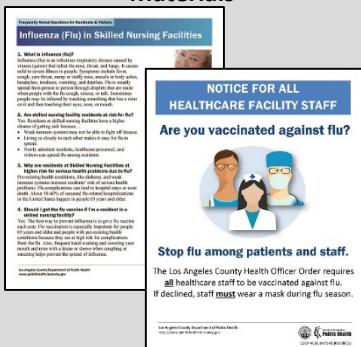
¹<http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm>

²[Health Officer Order for Annual Influenza Vaccination Programs for Healthcare Personnel](#)

Figure 1. Weekly Influenza Positive Tests from Sentinel Laboratories, LAC, 2014-2015



Influenza Health Education Materials



To print or order materials go to:
<http://publichealth.lacounty.gov/acd/HealthEdFlu.htm>

2014-2015 Season Summary

- Last season was mild to moderately severe in LAC. A total of 55 influenza-associated deaths were reported, with the majority (71%) of fatalities occurring in the 65 years and older age group. In addition, 58 respiratory outbreaks (37 confirmed influenza) were confirmed in the county.
- Influenza A (H3N2) was the predominant strain with the majority of these viruses being different from the one included in the 2014-2015 seasonal vaccine, resulting in low vaccine efficacy. The new A (H3N2) lineage that caused the vaccine mismatch is included in the current 2015-16 flu vaccine.
- Overall flu activity in LAC peaked in mid-January and remained elevated throughout the early spring and well into May, which is longer than usual. Influenza type B typically peaks later in the season and was primarily responsible for the late season flu activity (Figure 1).

For the full 2014-2015 LAC Influenza Season Summary see:

<http://publichealth.lacounty.gov/acd/docs/Flu/Season14-15/IWSeasonSummary2014-15.pdf>

