

# CDC H1N1 Flu Website Situation Update, December 5, 2009

## Key Flu Indicators

Each week CDC analyzes information about influenza disease activity in the United States and publishes findings of key flu indicators in a report called [FluView](#). During the week of November 22-28, 2009, influenza activity decreased across all key indicators over the previous week, but most indicators remain higher than normal for this time of year. Below is a summary of the most recent key indicators:

- [Visits to doctors](#) for influenza-like illness (ILI) nationally decreased again this week over last week. This is the fifth consecutive week of national decreases in ILI after four consecutive weeks of sharp increases. Eight of ten regions continue to report ILI activity above what is expected for this time of year. Two regions ([Region 6 and Region 10](#)) are reporting little ILI activity. While ILI has declined, visits to doctors for influenza-like illness still remain elevated nationally.
- Influenza [hospitalization](#) rates have decreased across all age groups but remain higher than expected for this time of year. Though declining, hospitalization rates continue to be highest in children 0-4 years old.
- The proportion of [deaths](#) attributed to pneumonia and influenza (P&I) based on the 122 Cities Report declined over the previous week, but continues to be higher than expected for this time of year. This is the ninth consecutive week that the proportion of deaths attributed to pneumonia and influenza (P&I) has been above the epidemic threshold. In addition, 17 flu-related [pediatric deaths](#) were reported this week: 12 of these deaths were associated with laboratory confirmed 2009 H1N1 and 5 were associated with influenza A viruses, but were not subtyped. Since April 2009, CDC has received reports of 251 laboratory-confirmed pediatric deaths: 210 due to 2009 H1N1, 40 pediatric deaths that were laboratory confirmed as influenza, but the flu virus subtype was not determined, and one pediatric death associated with a seasonal influenza virus. (Laboratory-confirmed deaths are thought to represent an [undercount](#) of the actual number. CDC has provided [estimates about the number of 2009 H1N1 cases and related hospitalizations and deaths](#).)
- Twenty-five states are reporting [widespread influenza activity](#); a decline of 7 states from last week. They are: Alabama, Alaska, Arizona, California, Connecticut, Delaware, Florida, Indiana, Kentucky, Maine, Maryland, Massachusetts, Michigan, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Utah, Vermont, and Virginia. Seventeen states are reporting regional influenza activity, the District of Columbia, Puerto Rico and six states reported local influenza activity, and Guam, the U.S. Virgin Islands and two states reported sporadic influenza activity.
- Almost all of the influenza [viruses](#) identified so far continue to be 2009 H1N1 influenza A viruses. These viruses remain similar to the virus chosen for the 2009 H1N1 vaccine, and remain susceptible to the antiviral drugs oseltamivir and zanamivir with rare exception.

\*All data are preliminary and may change as more reports are received.

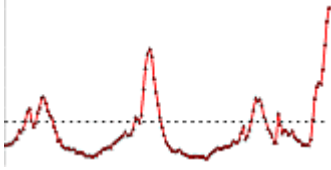
[Learn more >>](#)

## U.S. Situation Update

### [Weekly Flu Activity Estimates](#)



**U.S. Patient Visits Reported for Influenza-like Illness (ILI)**



**U.S. Influenza-like Illness (ILI) Reported by Regions**



**U.S. Laboratory Confirmed Influenza-Associated Hospitalizations and Deaths from August 30 to November 28, 2009**

Posted December 4, 2009, 11:00 AM ET  
Data reported to CDC by December 2, 2009, 12:00 AM ET

Cases Defined by	Hospitalizations	Deaths
Influenza Laboratory-Tests**	31,320	1,336

\*Reports can be based on syndromic, admission or discharge data, or a combination of data elements that could include laboratory-confirmed and [influenza-like illness](#) hospitalizations.

\*Laboratory confirmation includes any positive influenza test (rapid influenza tests, RT-PCR, DFA, IFA, or culture), whether or not typing was done.

The table shows aggregate reports of all laboratory confirmed influenza hospitalizations and deaths (including 2009 H1N1 and seasonal flu) since August 30, 2009 received by CDC from U.S. states and territories\*\*. This table will be updated weekly each Friday at 11 a.m. For the 2009-2010 influenza season, states are reporting based on new case definitions for hospitalizations and deaths effective August 30, 2009.

CDC will continue to use its traditional surveillance systems to track the progress of the 2009-2010 influenza season. For more information about influenza surveillance, including reporting of influenza-associated hospitalizations and deaths, see [Questions and Answers: Monitoring Influenza Activity, Including 2009 H1N1](#).

The number of 2009 H1N1 hospitalizations and deaths reported to CDC from April – August 2009 is available on the [Past Situation Updates page](#).

For state level information, refer to [state health departments](#).

International Human Cases of 2009 H1N1 Flu Infection  
See: [World Health Organization](#).

\*\*States report weekly to CDC either 1) laboratory-confirmed influenza hospitalizations and deaths or 2) pneumonia and influenza syndrome-based cases of hospitalization and death resulting from all types or subtypes of influenza. Although only the laboratory confirmed cases are included in this report, CDC continues to analyze data both from laboratory confirmed and syndromic hospitalizations and deaths.

<b>U.S. Influenza-associated Pediatric Mortality</b> Posted December 4, 2009 (Updated each Friday) Data reported to CDC by November 28, 2009				
Date Reported	Laboratory-Confirmed 2009 H1N1 Influenza Pediatric Deaths	Laboratory-Confirmed Influenza A Subtype Unknown Pediatric Deaths	Laboratory-Confirmed Seasonal Influenza	Total
<b>This Week (Week 47, November 22-28, 2009)</b>	12	5	0	17
<b>Since August 30, 2009</b>	152	37	0	189
<b>Cumulative since April 26, 2009</b>	210	40	1	251

This table is based on data reported to CDC through the [Influenza-Associated Pediatric Mortality Surveillance System](#). Influenza-associated deaths in children (persons less than 18 years) was added as nationally notifiable condition in 2004.

For more information about influenza-associated pediatric mortality, see [FluView](#).

For more information about the U.S. situation, see the [CDC H1N1 Flu U.S. Situation page](#).

### International Situation Update

This report provides an update to the international situation as of December 4, 2009. The World Health Organization (WHO) continues to [report laboratory-confirmed 2009 H1N1 flu cases and deaths](#) on its Web page. These laboratory-confirmed cases represent a substantial underestimation of total cases in the world, as many countries focus surveillance and laboratory testing only on people with severe illness. The 2009 H1N1 influenza virus continues to be the dominant influenza virus in circulation in the world. From April 19 to November 21, 2009, 71.4% of influenza specimens reported to WHO were 2009 H1N1 viruses and from November 15 to November 21, 2009, more than 93% of influenza specimens reported to WHO were 2009 H1N1. In temperate regions of the Southern Hemisphere, little disease activity due to 2009 H1N1 has been reported. In tropical regions of the Americas and Asia, influenza activity due to 2009 H1N1 remains variable. In temperate regions of the Northern Hemisphere, influenza-like illness (ILI) activity due to 2009 H1N1 remains high across many countries in Europe and North America, though it may have peaked in most areas of the United States, Canada, and Northern and Western Europe.



For more information about the international situation, see the [CDC H1N1 Flu International Situation page](#).

### Fraudulent Emails Referencing CDC-sponsored State Vaccination Program

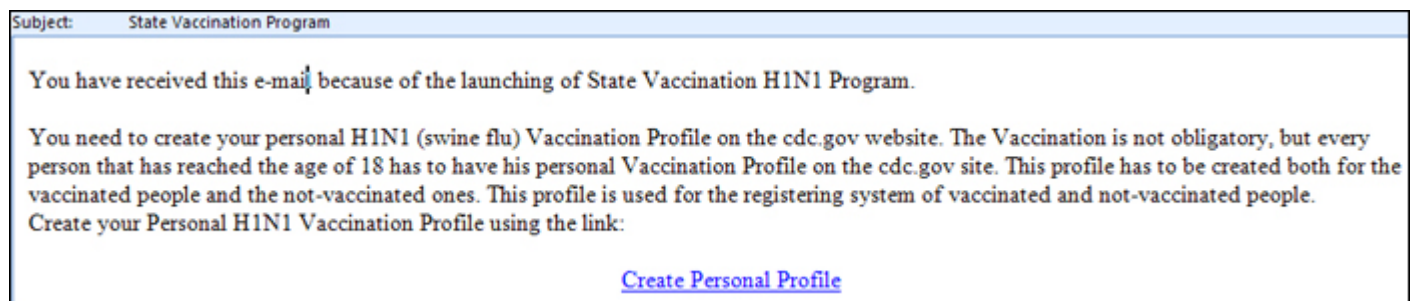
CDC has received reports of fraudulent emails (phishing) referencing a CDC sponsored State Vaccination Program.

The messages request that users must create a personal H1N1 (swine flu) Vaccination Profile on the cdc.gov website. The message then states that anyone that has reached the age of 18 has to have his/her personal Vaccination Profile on the cdc.gov site.

The CDC has NOT implemented a state vaccination program requiring registration on www.cdc.gov. Users that click on the email are at risk of having malicious code installed on their system. CDC reminds users to take the following steps to reduce the risk of being a victim of a phishing attack:

- Do not follow unsolicited links and do not open or respond to unsolicited email messages.
- Use caution when visiting untrusted websites.
- Use caution when entering personal information online.

An example of the Phishing email follows:



## CDC Experts Contributing to WebMD's Focus on Flu Blog

In collaboration with WebMD, experts from the Centers for Disease Control and Prevention are guest blogging and helping to answer questions on WebMD's Focus on Flu Blog. Check out the recent CDC blog post by [Anthony Fiore, MD, MPH](#), medical epidemiologist with the CDC's Influenza Division: "[Do People 65 and Older Need the H1N1 Vaccine?](#)" The Focus on Flu blog is scheduled to run through the end of December.



## Recent Updates of Interest

- [New: Caring for Someone Sick at Home](#)  
Will you know what to do if someone in your home gets the flu? This new online guide from CDC provides step-by-step instructions on how to care for someone sick in your home. Learn what you can do to help your family this flu season.
- [UPDATE: 2009 H1N1 Flu International Situation Update](#)  
This report provides an update to the international situation as of December 4, 2009. The World Health Organization (WHO) continues to report updated 2009 H1N1 flu-associated laboratory-confirmed cases and deaths on its Web page.
- [NEW: In The News Question & Answer on Antiviral Usage During the Pandemic](#)  
Significant increases in the proportion of hospitalized adults and children being treated with influenza antiviral drugs have been noted during the 2009 H1N1 pandemic compared to the proportion of adults and children that have been treated with flu antiviral drugs during past seasonal influenza epidemics.
- [UPDATE: Weekly FluView Map and Surveillance Report for Week Ending November 28, 2009](#)  
During the week of November 22-28, 2009, flu activity declined in the United States as reported in FluView. The number of states reporting widespread flu activity decreased from 32 to 25 and visits to doctors for influenza-like illness declined nationally from the previous week. In addition, flu-related

hospitalizations and deaths continue to decline, but remain high compared to what is expected for this time of year.

- [UPDATE: Influenza and Pneumonia-Associated Hospitalizations and Deaths from August 30 to November 28, 2009](#)  
As of December 2, 2009, there have been 31,320 laboratory-confirmed influenza-associated hospitalizations and 1,336 deaths in the U.S. from August 30 to November 28, 2009.
- [New: FluAid Special Edition](#)  
An Easy-to-use Software Tool to Analyze the Impact of 2009 H1N1 Influenza on States and/or Geographical Locations
- [New: FluSurge Special Edition](#)  
An Easy-to-use Software Tool to Estimate the Demand for Hospital-Based Services during the 2009 H1N1 Influenza Pandemic
- [New: FluWorkLoss Special Edition](#)  
An Easy-to-use Software Tool to Estimate the Potential Days Lost from Work due to the 2009 H1N1 Influenza Pandemic
- [NEW: Podcast: 2009 H1N1 Information for Parents who have Children with High-Risk Medical Conditions](#)  
This podcast, intended for parents, discusses high-risk medical conditions that put children at risk for flu complications and how to protect children from the flu.
- [Alert: Fraudulent emails referencing CDC-sponsored State Vaccination Program](#)  
CDC has received reports of fraudulent emails (phishing) referencing a CDC sponsored State Vaccination Program.
- [NEW: Caregiver Instruction Sheet: Opening and Mixing Tamiflu® Capsules with Liquids if Child Cannot Swallow Capsules](#)  
This document provides instructions for caregivers on how to open and mix Tamiflu® capsules with a thick sweetened liquid for children who cannot swallow capsules.
- [Update: Preparing for the Flu: Communication Toolkit for Schools \(Grades K-12\)](#)  
This toolkit provides basic information and communication resources to help school administrators implement recommendations from CDC regarding flu.
- [Update: Interim Guidance for Management of Influenza-Like Illness aboard Commercial Aircraft during the 2009-10 Influenza Season](#)  
This document provides updated guidance regarding management of influenza-like illness (ILI) before, during and after a flight, including personal protective measures for the crew, and reporting of ILI to CDC Quarantine Stations.

## Additional Updates on the CDC H1N1 Flu Website

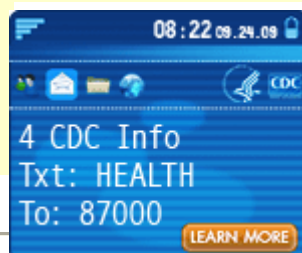
To learn about other recent updates made to the CDC H1N1 Flu Website, please check the "What's New" page on the [CDC H1N1 Flu website](#).

## Get H1N1 Updates & Health Tips via Text Message

Sign up to get health updates sent via text message. Messages are sent about three times a week with relevant H1N1 flu updates and timely health tips.

Text **UPDATES** to **87000** to sign up.

To learn more, see [www.cdc.gov/mobile](http://www.cdc.gov/mobile).



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