

# Health Service Region 8 Influenza Activity Report MMWR Week 39 Week Ending 09/30/16



This report covers flu surveillance activities for the 28 counties that comprise Health Service Region 8: Atascosa, Bandera, Bexar, Calhoun, Comal, De Witt, Dimmit, Edwards, Frio, Gillespie, Goliad, Gonzales, Guadalupe, Jackson, Karnes, Kendall, Kerr, Kinney, La Salle, Lavaca, Maverick, Medina, Real, Uvalde, Val Verde, Victoria, Wilson, and Zavala.

### Flu Activity:

Reports were received from 18 counties this week.  
Five counties reported no flu or ILI activity.  
Ten counties reported ILI activity only.  
Two counties reported flu by rapid test.  
One county reported flu confirmed by PCR.  
In Region 8, activity in week 39 was about the same as week 38.

### Antiviral Resistance

No antiviral resistant flu reported in Region 8.

### Variant Influenza Viruses

No variant or novel influenza viruses have been detected in Texas.

### Pediatric Influenza Mortality

None this week.

### Institutional Outbreaks and School Closures

No new outbreaks reported.

### Summary

Influenza activity remains low across Texas. Compared to the previous week, the percentage of specimens positive for influenza decreased and the percentage of patient visits due to influenza-like illness (ILI) marginally increased. No influenza-associated pediatric deaths were reported. No ILI or influenza-associated outbreaks were reported. In addition to flu, other respiratory viruses—especially rhinovirus/enterovirus—were detected in Texas during week 39.

### Reminders:

DSHS urges everyone six months old and older to get vaccinated against the flu. It is particularly important for pregnant women, young children, older adults and people with chronic health conditions, because people in those groups are at a greater risk of severe complications if they do get the flu.

Flu vaccine is available now, and DSHS encourages people not to wait to protect themselves and their family by getting vaccinated as soon as possible.

Please submit your reports weekly by fax to 210-692-1457 or by email to [connie.alaniz@dshs.state.tx.us](mailto:connie.alaniz@dshs.state.tx.us) AND to [elise.rush@dshs.state.tx.us](mailto:elise.rush@dshs.state.tx.us)

