

## IN SUMMARY...

<b>Activity levels**</b>
<ul style="list-style-type: none"> <li>• Eastern Zone has localized activity. Central, Northern and Western Zones have sporadic activity.</li> <li>• There are 2 influenza outbreaks being reported this week and no schools reported an increased absenteeism rate.</li> </ul>
<b>Laboratory-confirmed cases***</b>
<ul style="list-style-type: none"> <li>• There were 12 influenza A and 2 influenza B cases reported this week. There have been 737 laboratory confirmed cases of Influenza A and 16 laboratory confirmed cases of Influenza B reported during the 2018-2019 influenza season.</li> <li>• Positive test results were received for Parainfluenza, Rhinovirus and RSV.</li> </ul>
<b>Severity</b>
<ul style="list-style-type: none"> <li>• There have been 69 ICU admissions in adults and 5 ICU admission in children (age group 0-19 years). There have been 52 deaths*** of laboratory confirmed influenza during the 2018-2019 influenza season. All deaths have been in adults.</li> </ul>
<b>Syndromic surveillance</b>
<ul style="list-style-type: none"> <li>• The average ILI rate for Nova Scotia during this reporting period was 0.7.</li> <li>• <b>95%</b> of emergency rooms reported ILI data during this reporting period. St Anne’s and Northside General Hospital did not report this week.</li> </ul>

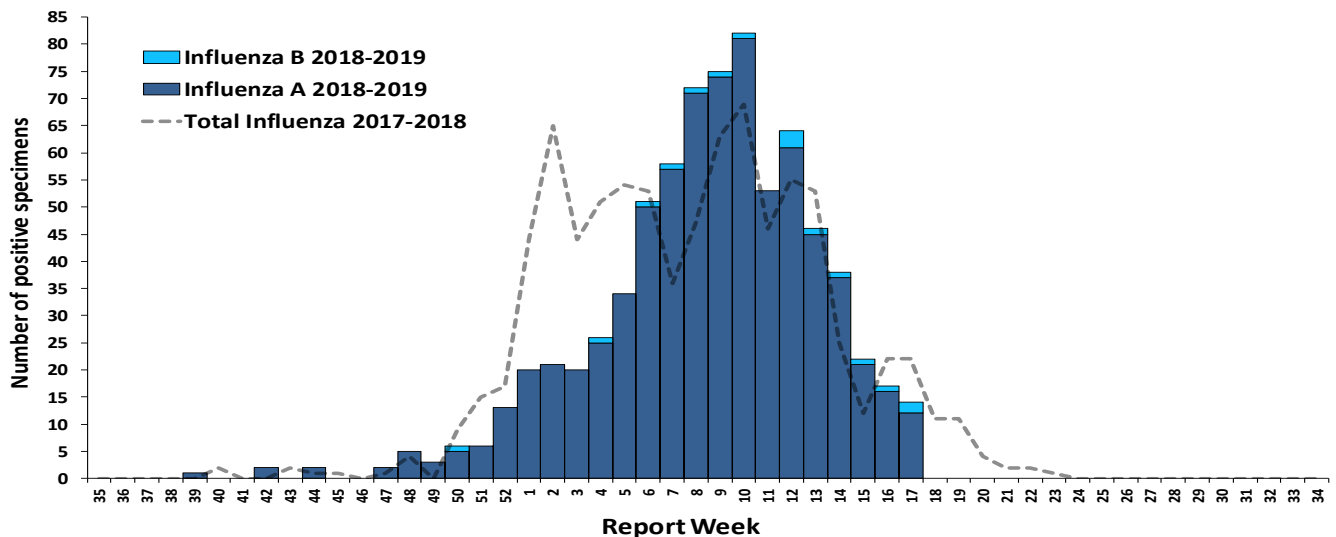
*Notes: \*Reporting weeks run from Sunday to Saturday. The 2018-2019 influenza season is defined using PHAC’s influenza surveillance weeks. This year runs from August 26, 2018 (Week 35) to August 28, 2019 (Week 34);*

*\*\*Activity level data is obtained from CNPHI, see appendix for definitions;*

*\*\*\*Deaths include individuals with a positive influenza test result, influenza may not have been the major contributing cause of death or hospitalization.*

## LABORATORY-CONFIRMED INFLUENZA CASES

**Figure 1: Number of laboratory confirmed influenza cases by report week, 2018-2019 season, with trend-line comparison to 2017-2018 season, Nova Scotia**



**Table 1: Number of laboratory-confirmed influenza cases by zone, current week and cumulative 2018-2019 season in Nova Scotia**

ZONE	CURRENT WEEK			CUMULATIVE 2018-2019		
	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B
Western	2	2	0	136	136	0
Northern	1	0	1	120	118	2
Eastern	7	7	0	139	138	1
Central	4	3	1	358	345	13
<b>Nova Scotia Total</b>	<b>14</b>	<b>12</b>	<b>2</b>	<b>753</b>	<b>737</b>	<b>16</b>

**Table 2: Number of laboratory-confirmed influenza cases by age group, current week and cumulative 2018-2019 season in Nova Scotia**

AGE	CURRENT WEEK			CUMULATIVE 2018-2019		
	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B
0-4	0	0	0	71	69	2
5-19	0	0	0	72	69	3
20-44	1	1	0	102	97	5
45-64	3	2	1	177	175	2
65+	10	9	1	331	327	4
<b>Nova Scotia Total</b>	<b>14</b>	<b>12</b>	<b>2</b>	<b>753</b>	<b>737</b>	<b>16</b>

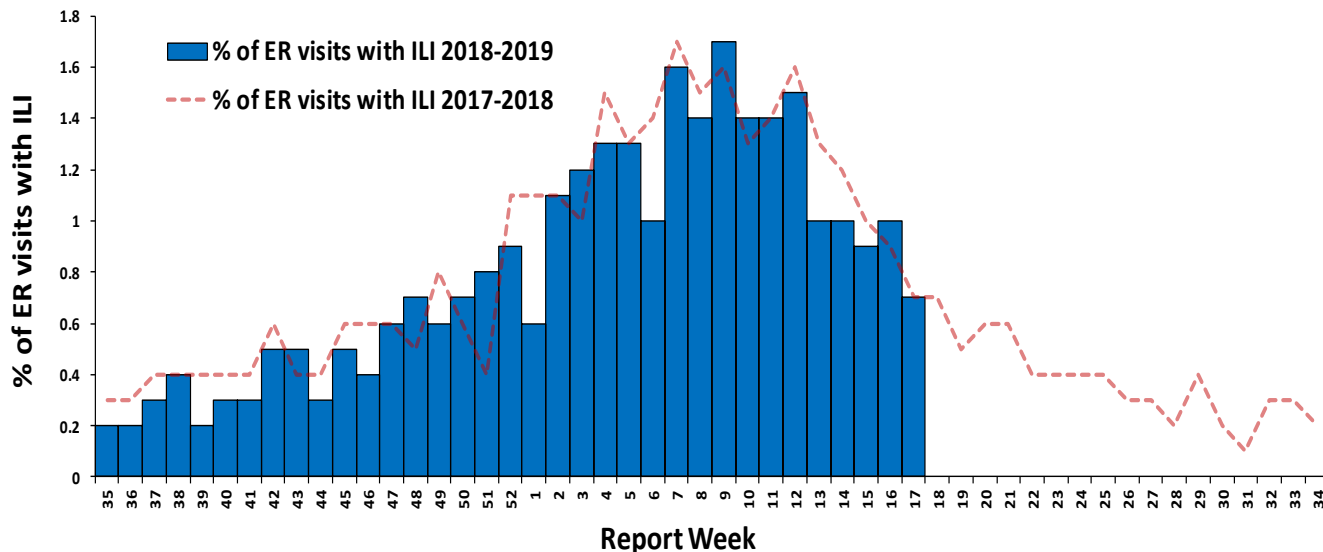
**Table 3: Hospitalizations, ICU admissions and deaths for influenza positive patients, current week and cumulative, 2018-2019 season, Nova Scotia**

	CURRENT WEEK			CUMULATIVE 2018-2019		
	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B
Hospitalized	8	6	2	350	341	9
Hospitalized - ICU	1	1	0	74	74	0
Deceased*	0	0	0	52	51	1
<b>Nova Scotia Total</b>	<b>9</b>	<b>7</b>	<b>2</b>	<b>476</b>	<b>466</b>	<b>10</b>

\*Deaths include individuals with a positive influenza test result, influenza may not have been the major contributing cause of death or hospitalization.

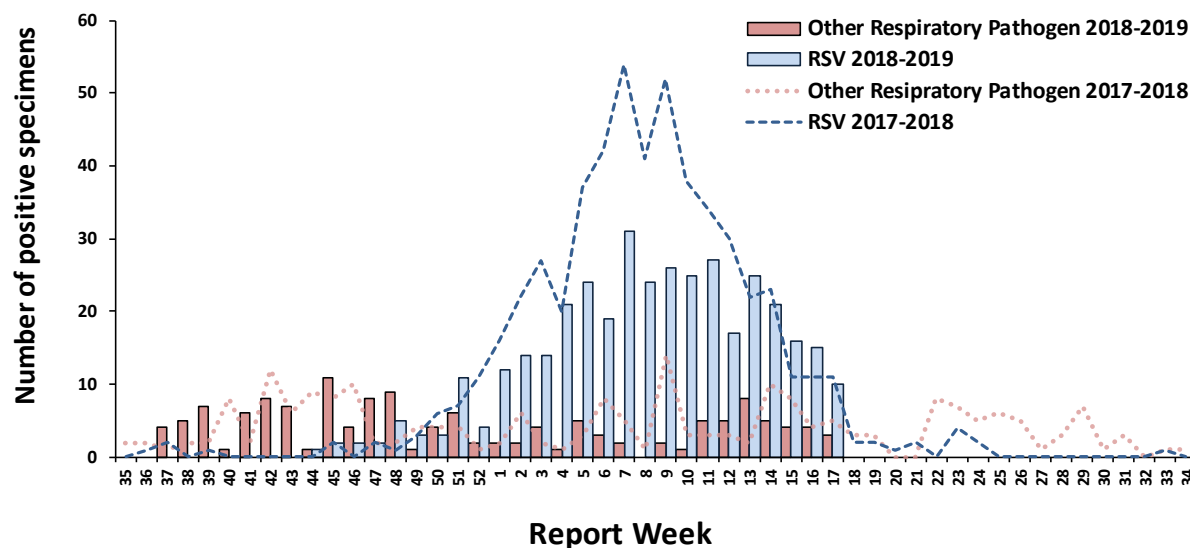
## SYNDROMIC SURVEILLANCE

**Figure 2: Percentage of emergency room visits due to ILI by report week, 2018-2019 season, with trend-line comparison to 2017-2018 season, Nova Scotia**



## OTHER RESPIRATORY PATHOGENS

**Figure 3: Number of positive specimens tested for other respiratory pathogens\* and RSV by report week, 2018-2019 season, with trend-line comparison to 2017-2018 season, Nova Scotia**



\* Other respiratory pathogen includes Adenovirus, Bocavirus, Chlamydomphila pneumonia, Coronavirus, Enterovirus, Metapneumovirus, Mycoplasma pneumoniae, Parainfluenza, Pertussis, Rhinovirus.  
Note that data for this figure is obtained from provincial laboratories.

**Table 4: Number of positive RSV specimens by age group, 2018-2019 season, Nova Scotia**

AGE GROUP	2018-2019
0-5 months	99
6-11 months	41
12-23 months	45
2-5 years	51
6-15 years	12
16-65 years	49
65+ years	77
<b>Nova Scotia Total</b>	<b>374</b>

**Table 5: Number of positive specimens tested for other respiratory pathogens, current report week and cumulative season, Nova Scotia, 2018–2019**

Pathogen	CURRENT WEEK (n positive)	CUMULATIVE 2018-2019
Adenovirus	0	0
Bocavirus	0	0
Chlamydophila pneumoniae	0	4
Coronavirus	0	11
Enterovirus	0	1
Metapneumovirus	0	8
Mycoplasma pneumoniae	0	19
Parainfluenza	2	31
Pertussis	0	3
Respiratory Syncytial Virus	10	374
Rhinovirus	1	63

**APPENDIX: DEFINITIONS USED IN INFLUENZA SURVEILLANCE, AND USEFUL LINKS, 2018-2019**

**ACRONYM LIST**

- CNPHI** Canadian Network for Public Health Intelligence  
**ICU** Intensive care unit  
**ILI** Influenza-like illness  
**RSV** Respiratory syncytial virus

**ILI CASE DEFINITION**

Acute onset of respiratory illness with fever and cough and with one or more of the following – sore throat, arthralgia, myalgia or prostration which is likely due to influenza. In children under 5, gastrointestinal symptoms may also be present. In patients under 5 or 65 and older, fever may not be prominent.

**NATIONAL FLUWATCH DEFINITIONS FOR INFLUENZA ACTIVITY LEVELS**

<b>No activity</b>	No laboratory-confirmed influenza detections in the reporting week, however, sporadically occurring ILI* may be reported
<b>Sporadic</b>	Sporadically occurring ILI* and lab confirmed influenza detection(s) with <b>no outbreaks</b> detected within the influenza surveillance region
<b>Localized</b>	(1) Evidence of increased ILI* and (2) lab confirmed influenza detection(s) together with (3) outbreaks occurring in schools, hospitals, residential institutions and/or other types of facilities occurring in less than 50% of the influenza surveillance region
<b>Widespread</b>	(1) Evidence of increased ILI* and (2) lab confirmed influenza detection(s) together with (3) outbreaks occurring in schools, hospitals, residential institutions and/or other types of facilities occurring in greater than or equal to 50% of the influenza surveillance region

**LINKS TO OTHER WEEKLY INFLUENZA REPORTING BODIES**

Canada: <http://www.phac-aspc.gc.ca/fluwatch/>  
World: [https://www.who.int/influenza/surveillance\\_monitoring/updates/latest\\_update\\_GIP\\_surveillance/en/index.html](https://www.who.int/influenza/surveillance_monitoring/updates/latest_update_GIP_surveillance/en/index.html)  
US: [www.cdc.gov/flu/weekly](http://www.cdc.gov/flu/weekly)