

IN SUMMARY...

Activity levels**
<ul style="list-style-type: none"> Central, Northern and Western Zones have localized activity. Eastern Zone is reporting sporadic activity. There are 4 influenza outbreaks being reported this week, and several schools have reported increased absenteeism rates.
Laboratory-confirmed cases***
<ul style="list-style-type: none"> There were 43 influenza A and 0 influenza B cases reported this week. There have been 201 laboratory confirmed cases of Influenza A and 2 laboratory confirmed cases of Influenza B reported during the 2018-2019 influenza season. Positive test results were received for parainfluenza, rhinovirus and RSV.
Severity
<ul style="list-style-type: none"> There have been 24 ICU admissions in adults and 1 ICU admission in children (age group 0-19 years). There have been 6 deaths*** of laboratory confirmed influenza during the 2018-2019 influenza season. All deaths have been in adults.
Syndromic surveillance
<ul style="list-style-type: none"> The average ILI rate for Nova Scotia during this reporting period was 1.0. 95% of emergency rooms reported ILI data during this reporting period. Cape Breton Regional Hospital and St Anne's did not report this week.

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

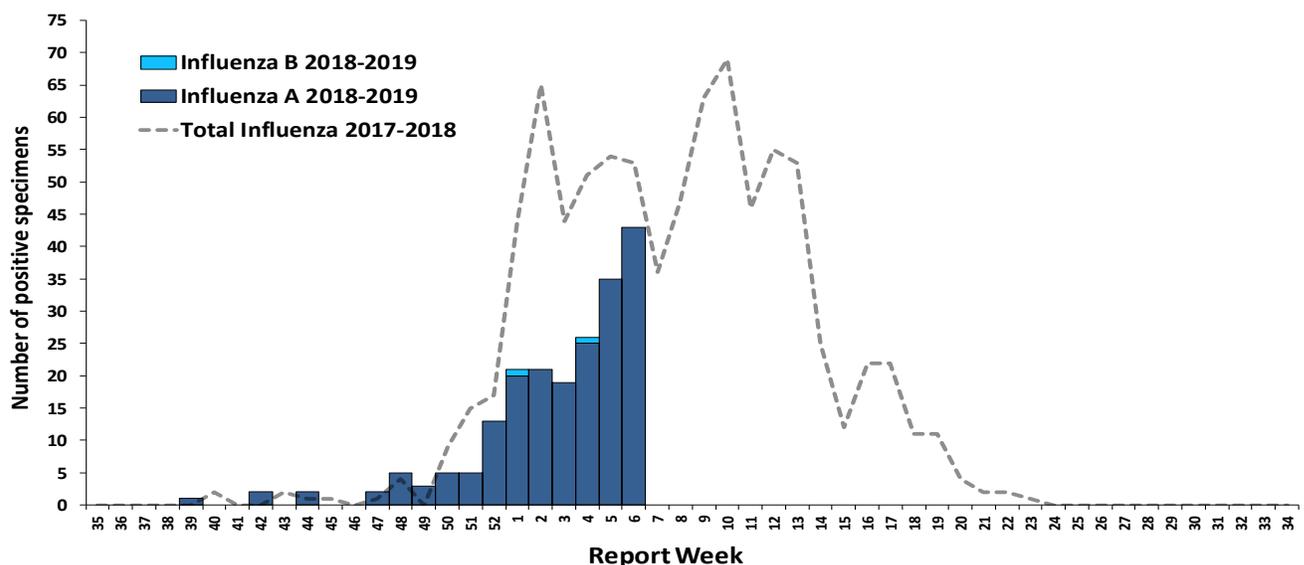


Table 1: Number of laboratory-confirmed influenza cases by zone, current week and cumulative 2018-2019 season in Nova Scotia

ZONE	CURRENT WEEK			CUMULATIVE 2018-2019		
	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B
Western	11	11	0	46	46	0
Northern	6	6	0	35	35	0
Eastern	5	5	0	36	36	0
Central	0	21	0	86	84	2
Nova Scotia Total	43	43	0	203	201	2

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	6	6	0	22	22	0
5-19	7	7	0	15	15	0
20-44	6	6	0	37	37	0
45-64	9	9	0	59	58	1
65+	15	15	0	70	69	1
Nova Scotia Total	43	43	0	203	201	2

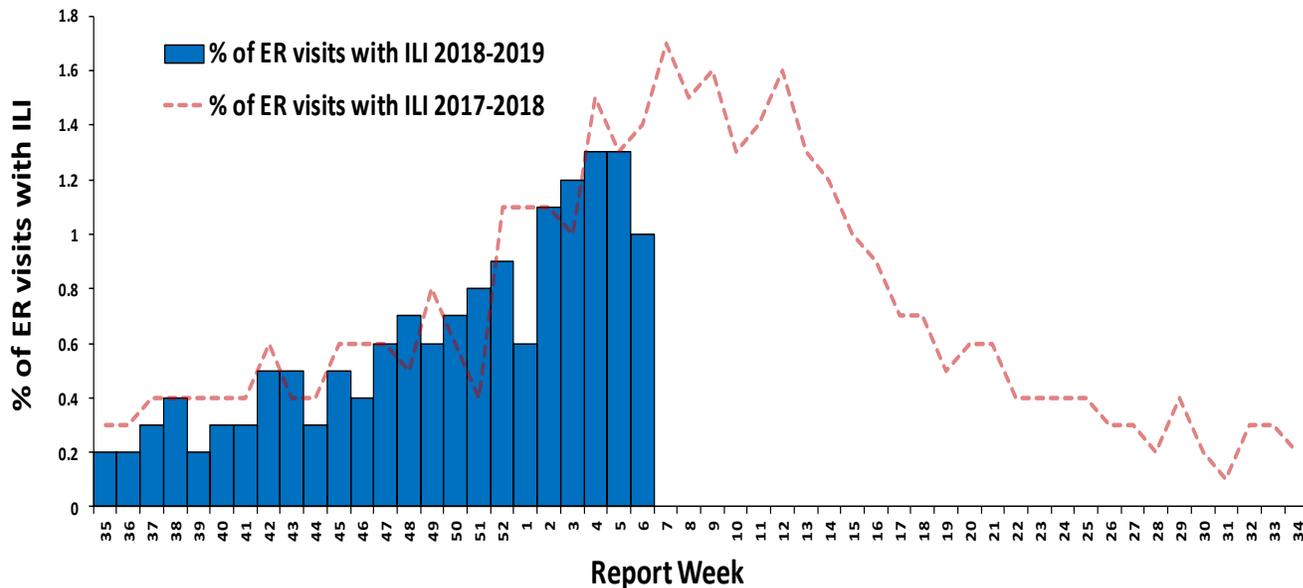
Table 3: Hospitalizations, ICU admissions and deaths for influenza positive patients, current week and cumulative, 2018-2019 season, Nova Scotia

	CURRENT WEEK			CUMULATIVE 2018-2019		
	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B
Hospitalized	20	20	0	95	94	1
Hospitalized - ICU	5	5	0	25	25	0
Deceased*	0	0	0	6	5	1
Nova Scotia Total	25	25	0	126	124	2

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

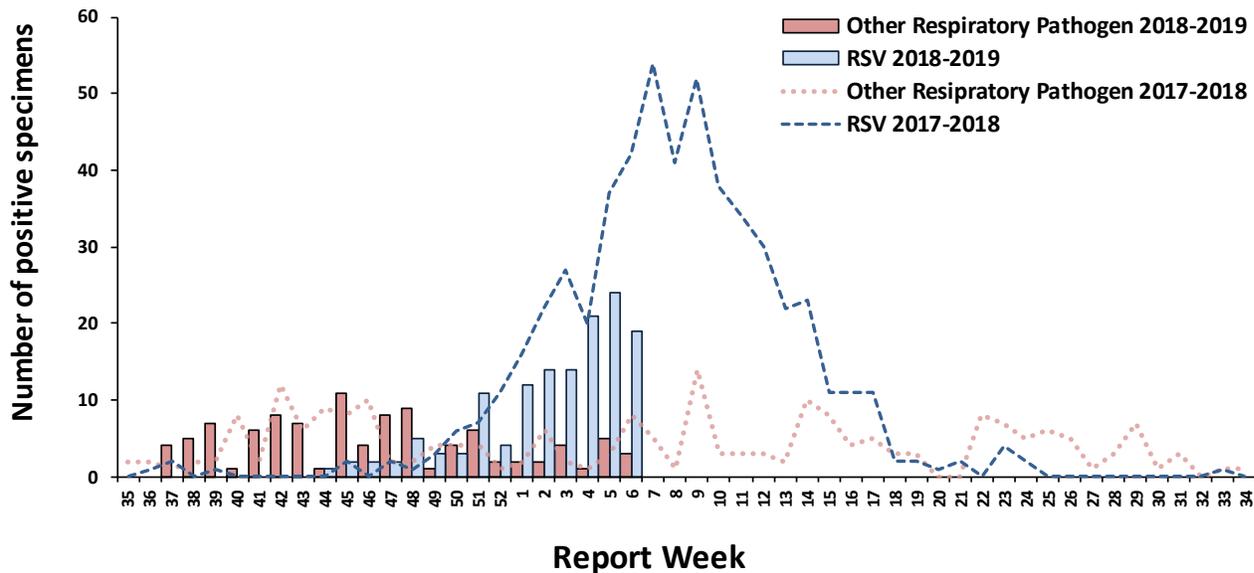
SYNDROMIC SURVEILLANCE

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	38
6-11 months	9
12-23 months	14
2-5 years	24
6-15 years	3
16-65 years	11
65+ years	38
Nova Scotia Total	137

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	2
Coronavirus	0	3
Enterovirus	0	0
Metapneumovirus	0	4
Mycoplasma pneumoniae	0	16
Parainfluenza	1	15
Pertussis	0	3
Respiratory Syncytial Virus	19	137
Rhinovirus	2	58

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

No activity	No laboratory-confirmed influenza detections in the reporting week, however, sporadically occurring ILI* may be reported
Sporadic	Sporadically occurring ILI* and lab confirmed influenza detection(s) with no outbreaks detected within the influenza surveillance region
Localized	(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
Widespread	(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
US: www.cdc.gov/flu/weekly