

Highlights¹

The 2023-2024 season runs from August 27, 2023 to August 24, 2024

Activity levels
<ul style="list-style-type: none"> The number of influenza PCR positives continues to decline after peaking in week 4. The number of COVID-19 PCR positives has been declining since peaking in week 47 and remains lower than during the same time period in 2022/23. The number of RSV PCR positives has been fairly stable the last three weeks and has decreased overall since the peak in week 2.
Laboratory-confirmed cases
<ul style="list-style-type: none"> Influenza: <ul style="list-style-type: none"> There were 99 new cases of Influenza A, and 6 new cases of Influenza B reported during week 9; there have been 2074 cases of Influenza A and 184 cases of Influenza B reported since the start of the 2023-2024 season. COVID-19: <ul style="list-style-type: none"> There were 73 new cases of COVID-19 reported during week 9; there have been 7107 laboratory confirmed cases of COVID-19 since the start of the 2023-2024 season. RSV: <ul style="list-style-type: none"> There were 38 new cases of RSV reported during week 9; there have been 1295 laboratory confirmed cases of RSV since the start of the 2023-2024 season.
Severity
<ul style="list-style-type: none"> Influenza: <ul style="list-style-type: none"> During the 2023-2024 season there have been: <ul style="list-style-type: none"> 388 hospitalizations (non-ICU) 31 ICU admissions 45 deaths COVID-19: <ul style="list-style-type: none"> During the 2023-2024 season there have been: <ul style="list-style-type: none"> 705 hospitalizations (non-ICU) 76 ICU admissions 159 deaths
Outbreaks
<ul style="list-style-type: none"> There were 4 new long term care facility outbreaks declared in this reporting period: <ul style="list-style-type: none"> 1 influenza 2 COVID-19 1 RSV
Syndromic surveillance
<ul style="list-style-type: none"> The percentage of emergency department visits for influenza like illness (ILI) was 0.8% during this reporting period.

¹ See Appendix for data notes.

INFLUENZA

Figure 1: Laboratory-confirmed influenza cases by week (N=2258), 2023-2024 season, with comparison to previous seasons, Nova Scotia²

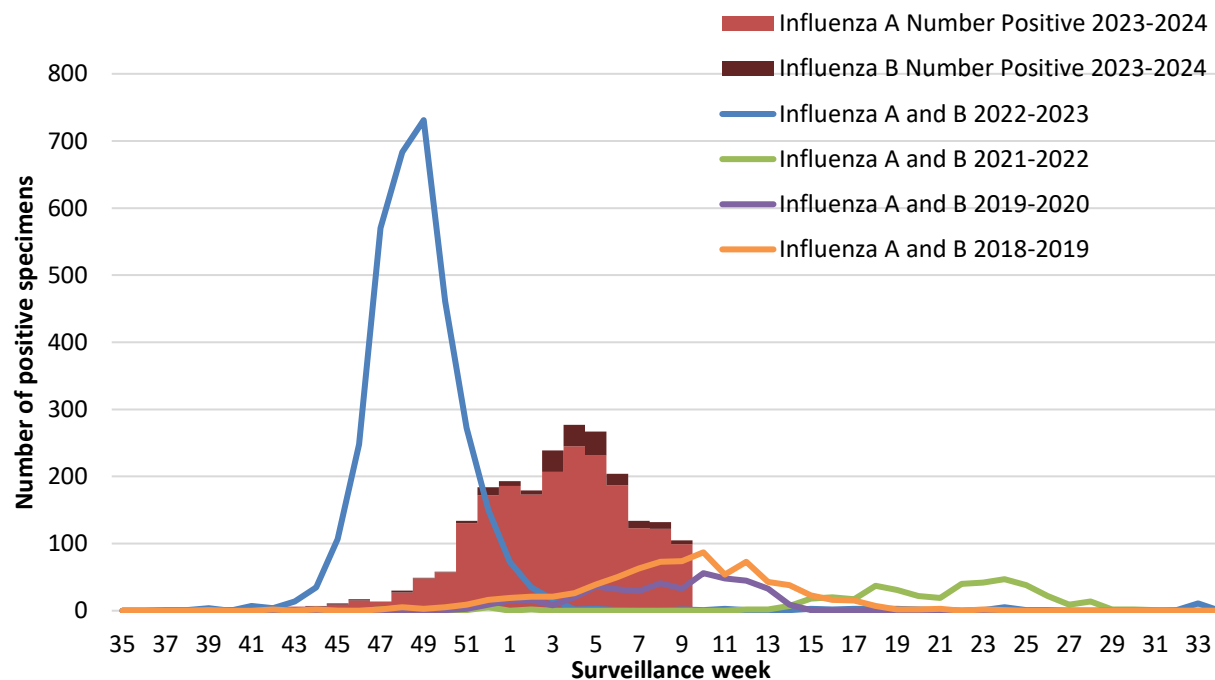


Table 1: Number of laboratory-confirmed influenza cases by zone, current reporting period and cumulative 2023-2024 season, Nova Scotia³

ZONE	CURRENT PERIOD			CUMULATIVE 2023-2024		
	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL
Western	42	1	43	376	24	400
Northern	22	2	24	642	23	665
Eastern	10	3	13	467	126	593
Central	25	0	25	589	11	600
Nova Scotia Total	99	6	105	2074	184	2258

² There were no reported influenza cases during the 2020-2021 season.

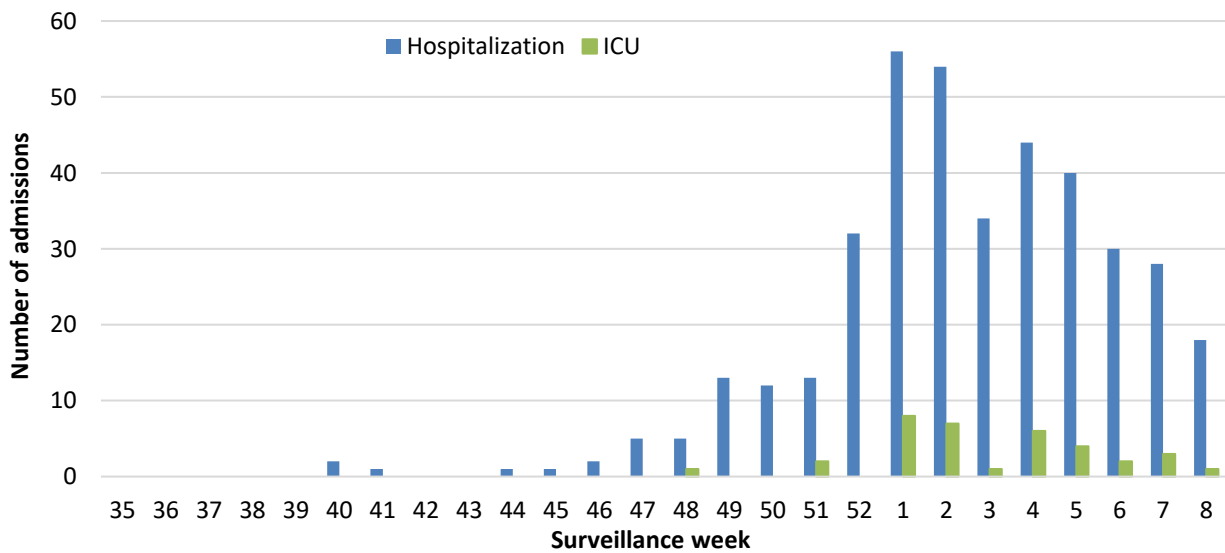
³ Influenza case data are continuously entered and cleaned. Past-week data may be modified.

Week 9 (February 25, 2024 to March 02, 2024)

Table 2: Number of laboratory-confirmed influenza cases by age group, current reporting period and cumulative 2023-2024 season, Nova Scotia

AGE (YEARS)	CURRENT PERIOD			CUMULATIVE 2023-2024		
	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL
0-4	5	0	5	224	20	244
5-19	11	6	17	252	86	338
20-44	22	0	22	384	58	442
45-64	32	0	32	499	13	512
65+	29	0	29	715	7	722
Nova Scotia Total	99	6	105	2074	184	2258

Figure 2. Number of influenza hospitalizations and ICU admissions by week, 2023-2024 season, Nova Scotia⁴



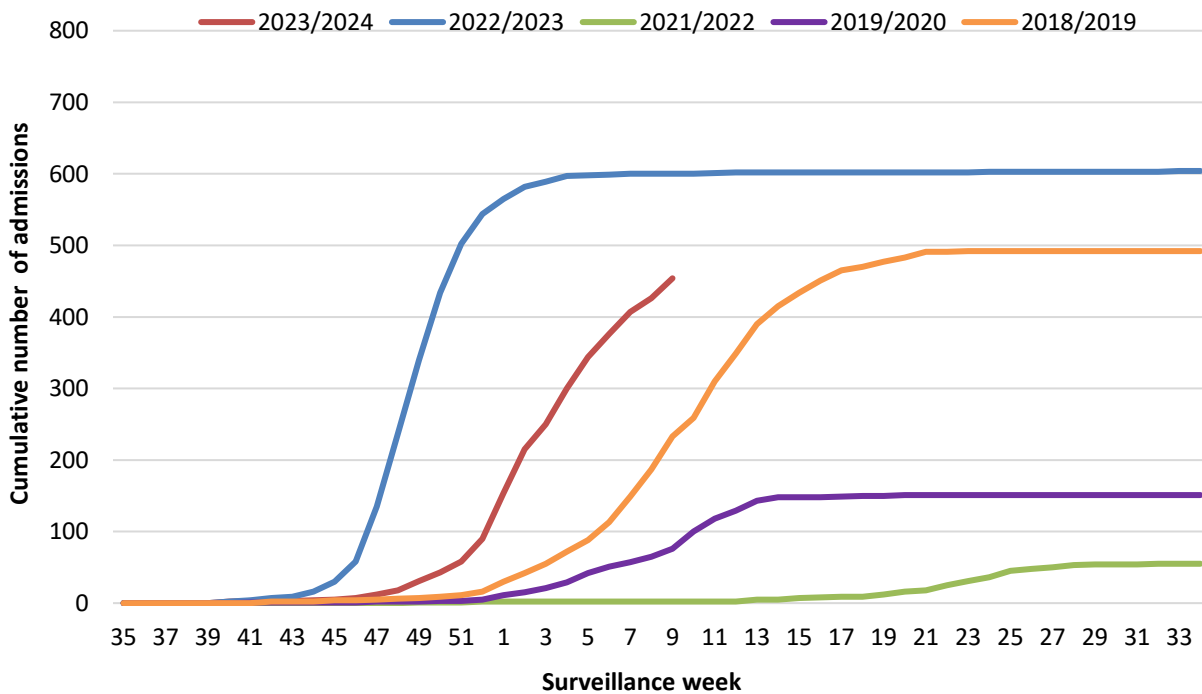
⁴ Due to influenza outcome reporting cycles, a data delay prevents reporting on the most recent surveillance week. If a case is hospitalized and moves to ICU in the same reporting week, they will appear in both the hospitalization and ICU columns for that week.

Week 9 (February 25, 2024 to March 02, 2024)

Table 3: Hospitalizations, ICU admissions, and deaths for influenza positive patients, based on most severe outcome, cumulative counts, 2023-2024 season, Nova Scotia⁵

AGE (years)	CUMULATIVE 2023-2024		
	Hospitalizations	ICU	Deaths
0-4	31	0	0
5-19	28	0	0
20-44	33	5	1
45-64	92	12	4
65+	204	14	40
Nova Scotia Total	388	31	45

Figure 3: Cumulative influenza hospitalizations and ICU admissions, by week, 2023-24 season compared to prior seasons, Nova Scotia⁶



⁵ In this table, only the most severe outcome for a case is included; numbers of hospitalizations and ICU admissions could therefore decline over time, if a person counted in one of those columns moves to a more severe outcome. Influenza outcome data are continuously entered and cleaned. Past-week data may be modified.

⁶ A case can have more than one outcome (e.g., be hospitalized, and later move to the ICU); multiple outcomes per case are counted in graphs showing outcomes by week, where applicable. There were no reported cases of influenza during the 2020-2021 season.

COVID-19

Figure 4: Laboratory-confirmed COVID-19 cases by week (N=7107), 2023-2024 season, with comparison to previous season, Nova Scotia

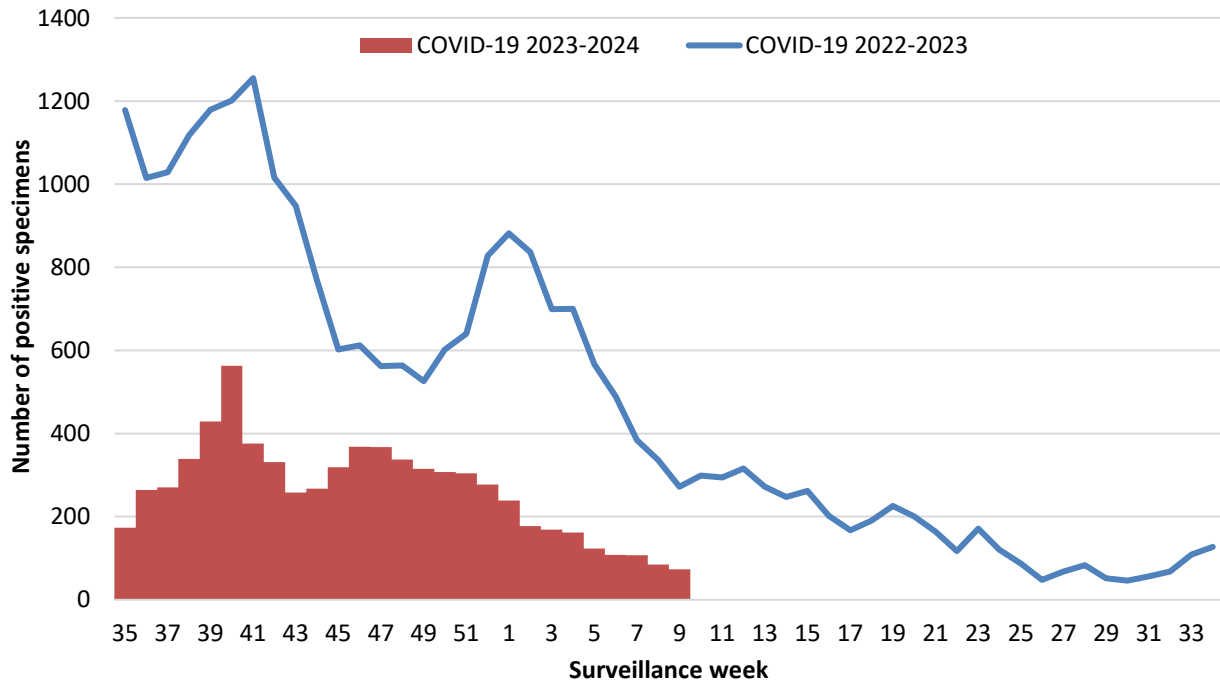


Table 4: Number of laboratory-confirmed COVID-19 cases by zone, current period and cumulative 2023-2024 season, Nova Scotia⁷

ZONE	CURRENT PERIOD	CUMULATIVE 2023-2024
Western	10	1570
Northern	26	1405
Eastern	5	1158
Central	32	2974
Nova Scotia Total	73	7107

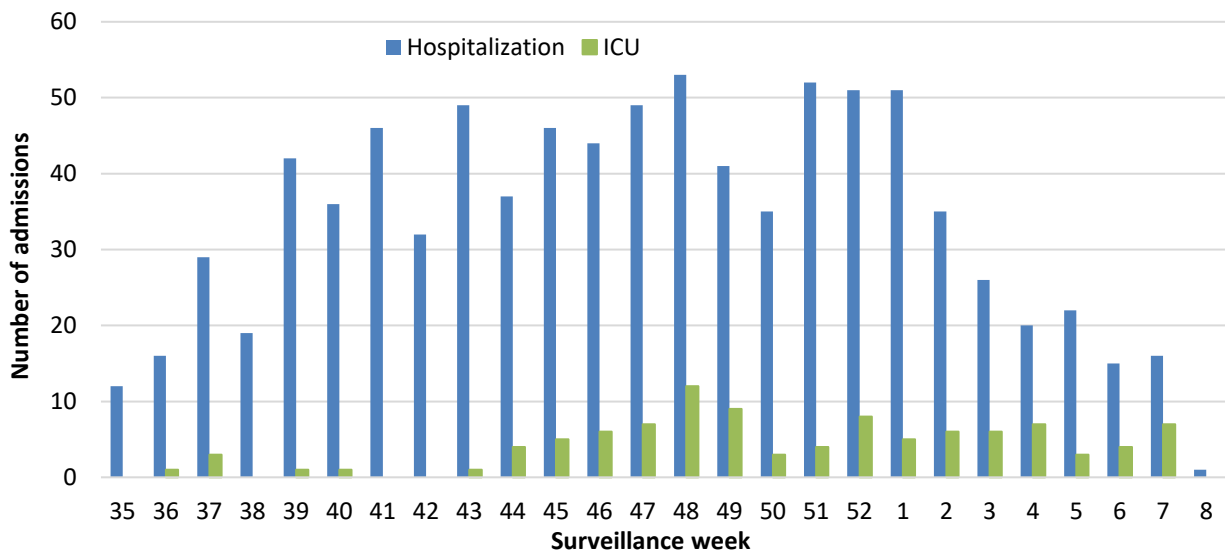
⁷ COVID-19 case data are continuously entered and cleaned. Data from prior weeks may be modified.

Week 9 (February 25, 2024 to March 02, 2024)

Table 5. Number of laboratory-confirmed COVID-19 cases by age group, current period and cumulative 2023-2024 season, Nova Scotia

AGE (YEARS)	CURRENT PERIOD	CUMULATIVE 2023-2024
0-4	3	125
5-19	2	106
20-44	16	1096
45-64	11	1554
65+	41	4226
Nova Scotia Total	73	7107

Figure 5: Number of COVID-19 hospitalizations and ICU admissions by week, 2023-2024 season, Nova Scotia⁸



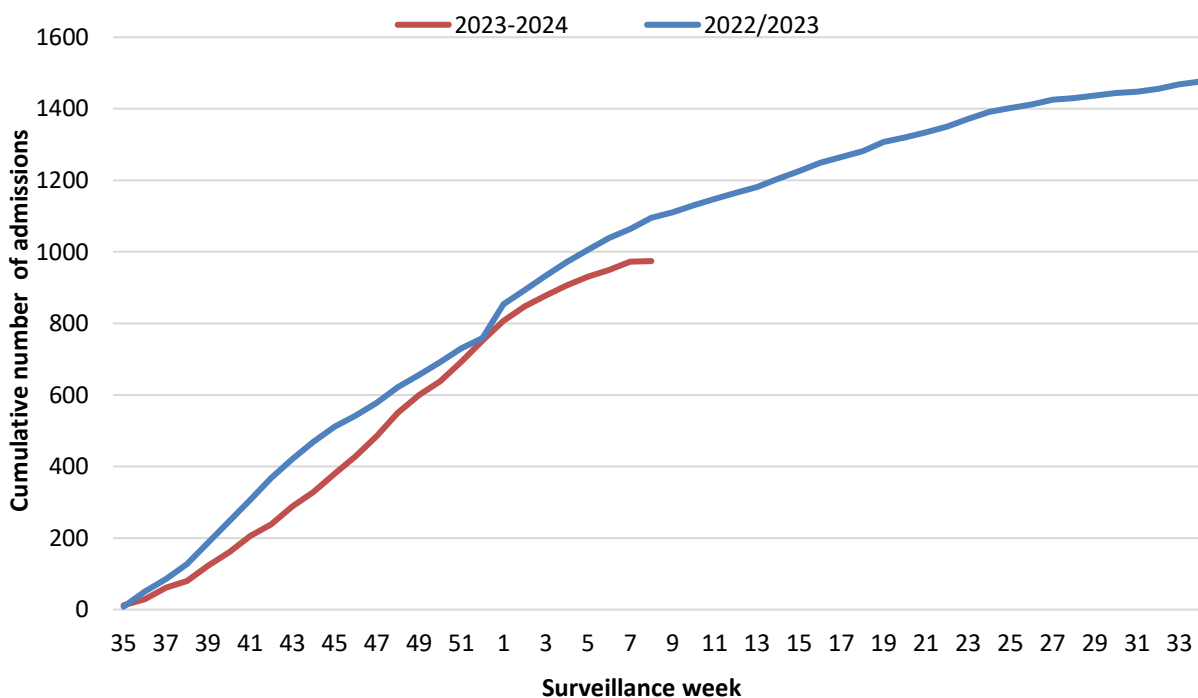
⁸ Due to COVID-19 outcome reporting cycles, a data delay prevents reporting on the most recent surveillance week. If a case is hospitalized and moves to ICU in the same reporting week, they will appear in both the hospitalization and ICU columns for that week.

Week 9 (February 25, 2024 to March 02, 2024)

Table 6: Hospitalizations, ICU admissions, and deaths for COVID-19 positive patients, cumulative counts, 2023-2024 season, Nova Scotia⁹

AGE (years)	CUMULATIVE 2023-2024		
	Hospitalizations	ICU	Deaths
0-4	8	0	0
5-19	7	0	0
20-44	21	7	2
45-64	85	22	4
65+	584	47	153
Nova Scotia Total	705	76	159

Figure 6: Cumulative COVID-19 hospitalizations and ICU admissions, by week, 2023-24 season compared to prior seasons, Nova Scotia¹⁰



⁹ In this table, only the most severe outcome for a case is included; numbers of hospitalizations and ICU admissions could therefore decline over time, if a person counted in one of those columns moves to a more severe outcome. COVID-19 outcome data are continuously entered and cleaned. Data from prior weeks may be modified.

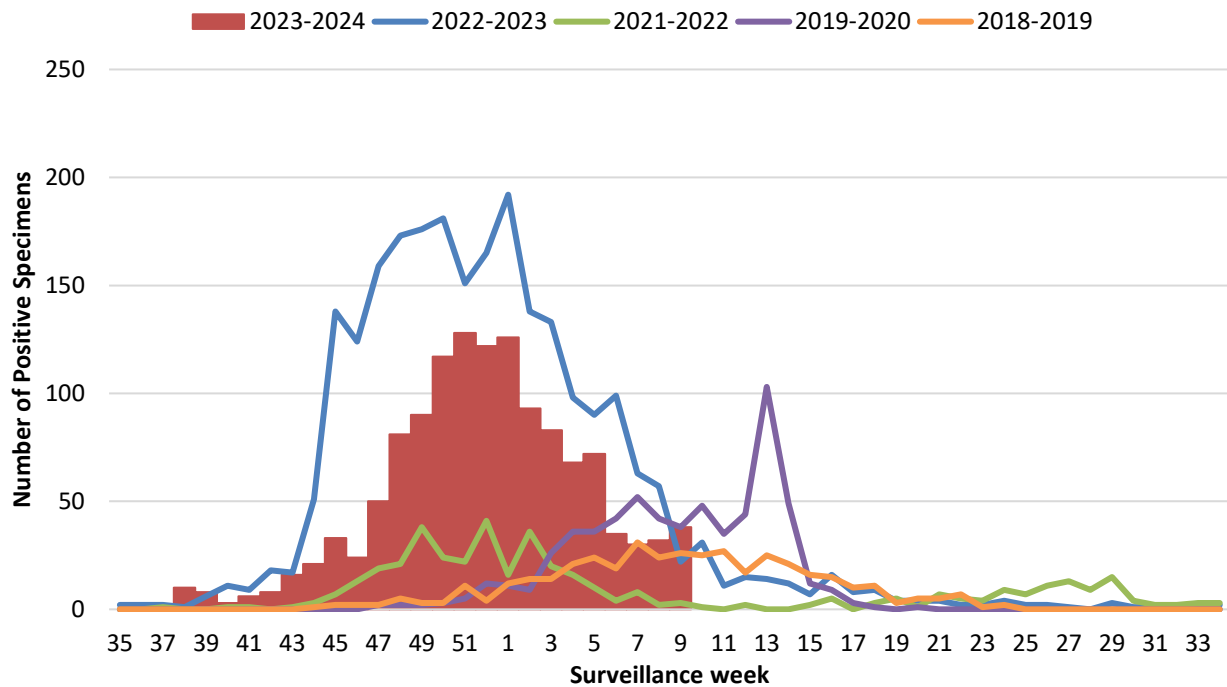
¹⁰ A case can have more than one outcome (e.g., be hospitalized, and later move to the ICU); multiple outcomes per case are counted in graphs showing outcomes by week, where applicable.

RSV

Table 7: Number of laboratory-confirmed RSV cases by age group, current reporting period and cumulative 2023-2024 season, Nova Scotia

AGE (YEARS)	CURRENT PERIOD	CUMULATIVE 2023-2024
0-5 months	2	231
6-11 months	3	76
12-23 months	3	137
2-4 years	5	220
5-19 years	1	83
20-64 years	10	173
65+ years	14	375
Nova Scotia Total	38	1295

Figure 7: Laboratory-confirmed RSV cases by week (N=1295), 2023-2024 season, with comparison to previous seasons, Nova Scotia¹¹

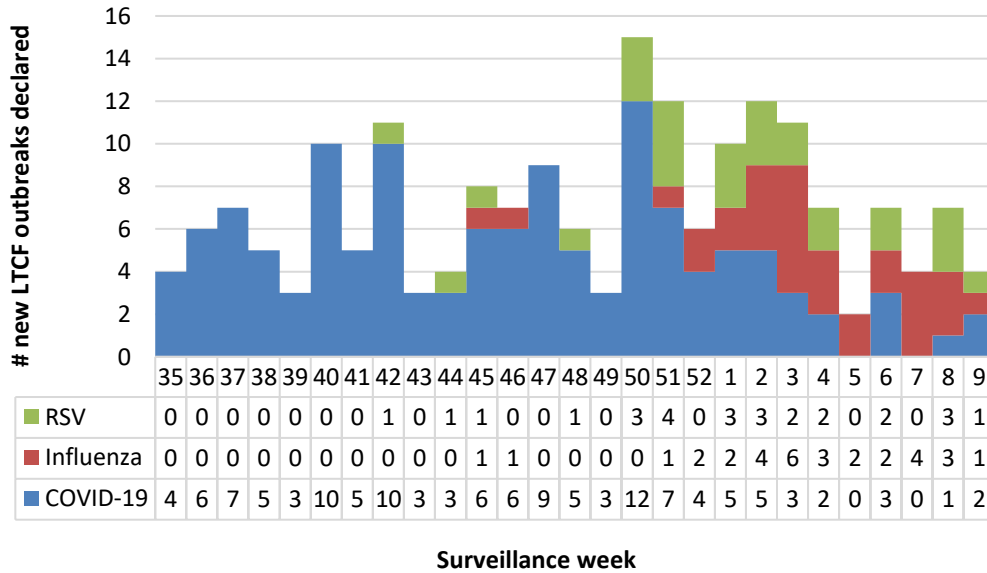


¹¹ There were no reported RSV cases during the 2020-2021 season. There has been a change in testing methods with the implementation of multiplex respiratory virus PCR. This may increase the number of cases detected.

Week 9 (February 25, 2024 to March 02, 2024)

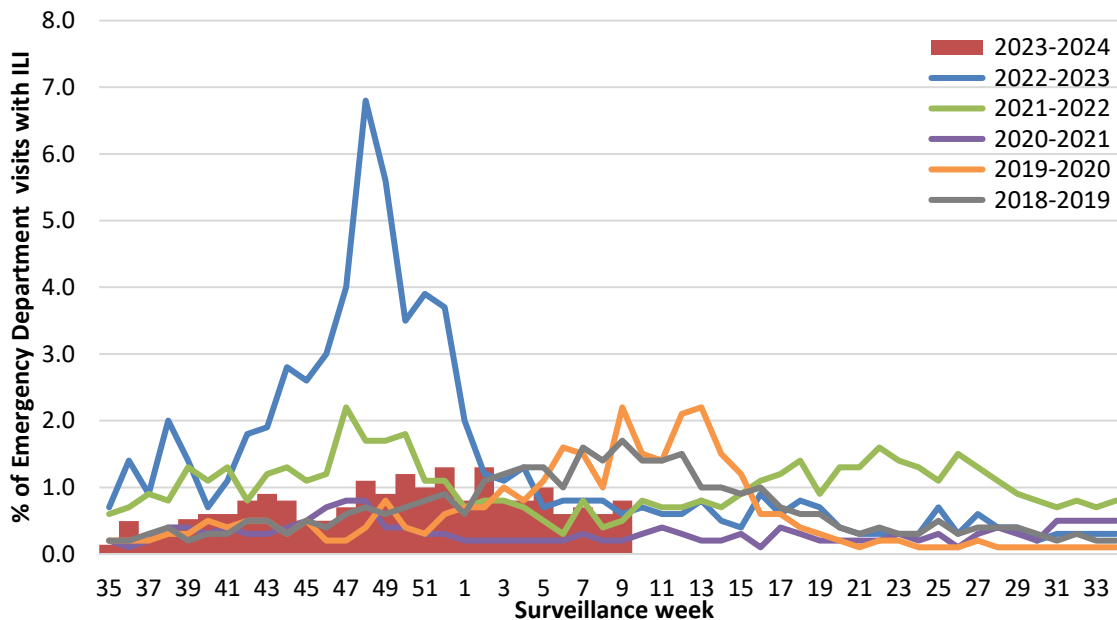
RESPIRATORY OUTBREAKS

Figure 8. Number of new long term care facility respiratory outbreaks by week and respiratory virus (influenza, COVID-19 and RSV), 2023-2024 season, Nova Scotia¹²



SYNDROMIC SURVEILLANCE

Figure 9: Percentage of emergency department visits due to ILI by report week, 2023-2024 season, with comparison to previous seasons, Nova Scotia



¹² Outbreak definitions can be found in the Appendix.

OTHER RESPIRATORY ILLNESS

Table 8: Number of positive specimens for other respiratory viruses, current reporting period and cumulative 2023-2024 season, Nova Scotia

PATHOGEN	CURRENT PERIOD	CUMULATIVE 2023-2024
Adenovirus	0	39
Bocavirus	0	0
Coronavirus*	3	8
Enterovirus/Rhinovirus	3	206
Metapneumovirus	0	3
Parainfluenza	0	29

**Excludes COVID-19*

Week 9 (February 25, 2024 to March 02, 2024)

APPENDIX – DATA NOTES AND DEFINITIONS

DATA NOTES

- A surveillance week runs from Sunday to Saturday. Nova Scotia’s 2023-2024 season is aligned with the Public Health Agency of Canada (PHAC) FluWatch surveillance weeks.
 - This year runs from August 27, 2023 (Week 35) to August 24, 2024 (Week 34).
- Notifications of hospitalizations, ICU admissions, and deaths may lag; deaths are particularly affected. Additionally, data are incomplete for the most recent week because COVID-19 and influenza outcome reporting from public health occurs on Wednesdays. The most recent surveillance week is not included in graphs showing outcomes by week because of this.
- The definition for a COVID-19 hospitalization was changed in May 2023.
- RSV is not a notifiable disease in Nova Scotia.
- Testing eligibility guidelines and the use of multiplex PCR testing affect the number of cases identified and reported.
 - A multiplex PCR tests for multiple respiratory pathogens simultaneously. Routine multiplex PCR tests include influenza, RSV, and COVID-19.
 - In the 2022-2023 season, Nova Scotia saw increased accessibility to a multiplex PCR testing which likely increased detection in community of influenza and RSV.
 - Testing is limited to specific populations and the numbers reported here under-represent the true burden of disease in the community.

DEFINITIONS USED IN RESPIRATORY SURVEILLANCE, AND USEFUL LINKS, 2023-2024

See: [Nova Scotia’s Respiratory Response Plan](#)

ACRONYM LIST

ICU	Intensive care unit
ILI	Influenza-like illness
RSV	Respiratory syncytial virus
PCR	Polymerase chain reaction

OUTBREAK DEFINITIONS

Lab Confirmed COVID-19 Outbreak

Two or more laboratory-confirmed resident cases, AND at least one is a facility acquired case, with all cases epidemiologically linked within the LTCF in a 10-day period

Lab Confirmed Influenza Outbreak

Two or more resident cases of ILI (influenza-like illness), where at least one is a laboratory confirmed case of influenza, within the LTCF in a 7-day period

Week 9 (February 25, 2024 to March 02, 2024)

Lab Confirmed Respiratory Syncytial Virus (RSV) Outbreak

Two or more symptomatic residents where at least one is a laboratory confirmed case of RSV, epidemiologically linked within the LTCF in a 7-day period

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.

OTHER CASE DEFINITIONS

See: [Surveillance Guidelines | novascotia.ca](#)

LINKS TO OTHER WEEKLY INFLUENZA REPORTS

Canada: [Weekly influenza reports - Canada.ca](#)

World: <https://www.who.int/teams/global-influenza-programme/surveillance-and-monitoring/influenza-updates/current-influenza-update>

US: www.cdc.gov/flu/weekly