

# *Influenza-Associated Hospitalizations* Cases in Clark County

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## *General Influenza-Associated Hospitalizations Information*

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### **Background**

Influenza, or the flu, is a contagious viral respiratory infection of the nose, throat, bronchial tubes, and lungs. The two types are A and B, with A tending to be more severe than B. Influenza-associated hospitalizations comes from an influenza virus infection that results in hospitalization. Hospitalization is defined as admission to an inpatient ward of the hospital. A patient is considered hospitalized even when they are admitted to and discharged from the hospital on the same day, an overnight stay is not required.

### **Transmission & Risk**

The flu occurs annually in the winter between months of November and March in the Northern Hemisphere, and between April and September in the Southern Hemisphere. Everyone is at risk of getting the flu and serious complications can happen at any age. This infection is spread when a person who has the flu coughs or sneezes and other people inhale the virus from the air.

### **Symptoms & Complications**

Common flu symptoms include sudden onset of body aches, fever, cough, sore throat, or runny nose. Most people will recover in one to two weeks, but some will develop life-threatening complications. Those at risk of flu complications are people aged 65 or older, pregnant women, people with chronic medical conditions, and very young children. Some complications can include pneumonia, dehydration, or worsening of chronic medical conditions. Children may get sinus problems and infections. ~36,000 people die each year in the US from the flu.

### **Testing, Diagnosis, Treatment**

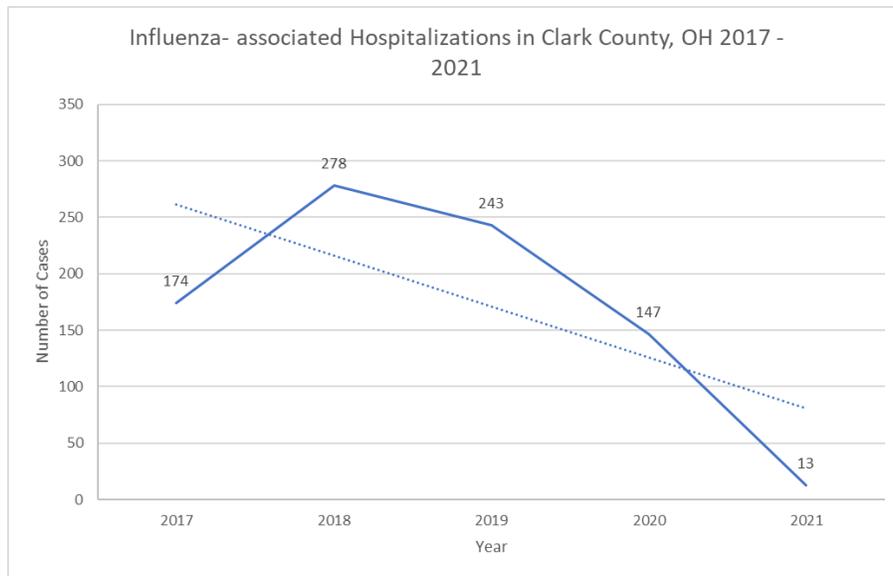
Laboratory tests for influenza virus infection can be done pre- or post-mortem and include identification of influenza A or B virus infections from a positive result. It is difficult to distinguish the flu from other viral or bacterial infections based on symptoms alone.

An infected individual should rest, drink plenty of liquids, avoid using alcohol and tobacco, and take medication for symptom relief. Antibiotics ARE NOT effective for the flu because it is caused by a virus. The best way to prevent the flu to get the annual flu shot every fall.

More information can be found here: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/infectious-disease-control-manual/section3/section-3-flu-conditions>

*Clark County Related Discussion*

Figure 1 shows the influenza associated hospitalizations from 2017 to 2021. Many of the cases are classified as confirmed, Table 1 shows the full breakdown per year. 2018 has the highest number of cases at 278, while 2021 has the lowest amount at 13. There is a 95.3% decrease in cases from 2018 to 2021.



**Figure 1** Influenza associated hospitalizations in Clark County 2017-2021

	Suspected Total	Probable Total	Confirmed Total
2017	1	0	179
2018	3	0	275
2019	13	0	230
2020	3	0	145
2021	0	0	13

**Table 1** Case classification per year

Table 2 shows the total cases per quarter per year. The quarters are broken up into Q1, Q2, Q3, and Q4. The months that go into each quarter is as follows:

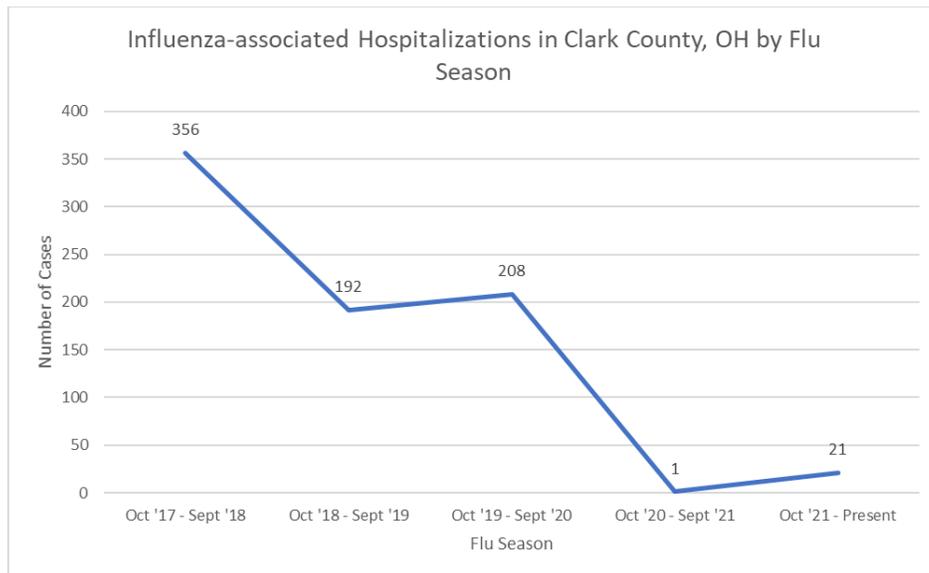
- Quarter 1: January, February, March
- Quarter 2: April, May, June
- Quarter 3: July, August, September
- Quarter 4: October, November, December

Given that the flu is active the most between November and March, it makes sense that the most cases are seen within Q1 and Q4, with Q1 having the highest numbers.

	Q1 Grand Total	Q2 Grand Total	Q3 Grand Total	Q4 Grand Total
2017	78	7	1	88
2018	252	16	0	10
2019	166	14	2	61
2020	147	0	0	0
2021	0	1	0	12

*Table 2 Total cases per quarter per year*

Figure 2 displays the cases by flu season (October to September) from 2017 to Present. Oct '21 – Present includes October 2021 to February 17, 2022.



*Figure 2 Influenza-associated hospitalizations by flu season*