

## IN SUMMARY...

<b>Activity levels**</b>
<ul style="list-style-type: none"> <li>Central, Eastern, and Northern Zones have localized activity. Western Zone is reporting sporadic activity.</li> <li>There are 6 influenza outbreaks being reported this week, and several schools have reported increased absenteeism rates.</li> </ul>
<b>Laboratory-confirmed cases***</b>
<ul style="list-style-type: none"> <li>There were 44 influenza A and 1 influenza B case reported this week. There have been 304 laboratory confirmed cases of Influenza A and 5 laboratory confirmed cases of Influenza B reported during the 2018-2019 influenza season.</li> <li>Positive test results were received for RSV.</li> </ul>
<b>Severity</b>
<ul style="list-style-type: none"> <li>There have been 34 ICU admissions in adults and 3 ICU admission in children (age group 0-19 years). There have been 12 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 1.4.</li> <li><b>92.5%</b> of emergency rooms reported ILI data during this reporting period. Cape Breton Regional, Glace Bay Health Care, and St Anne's did not report this week.</li> </ul>

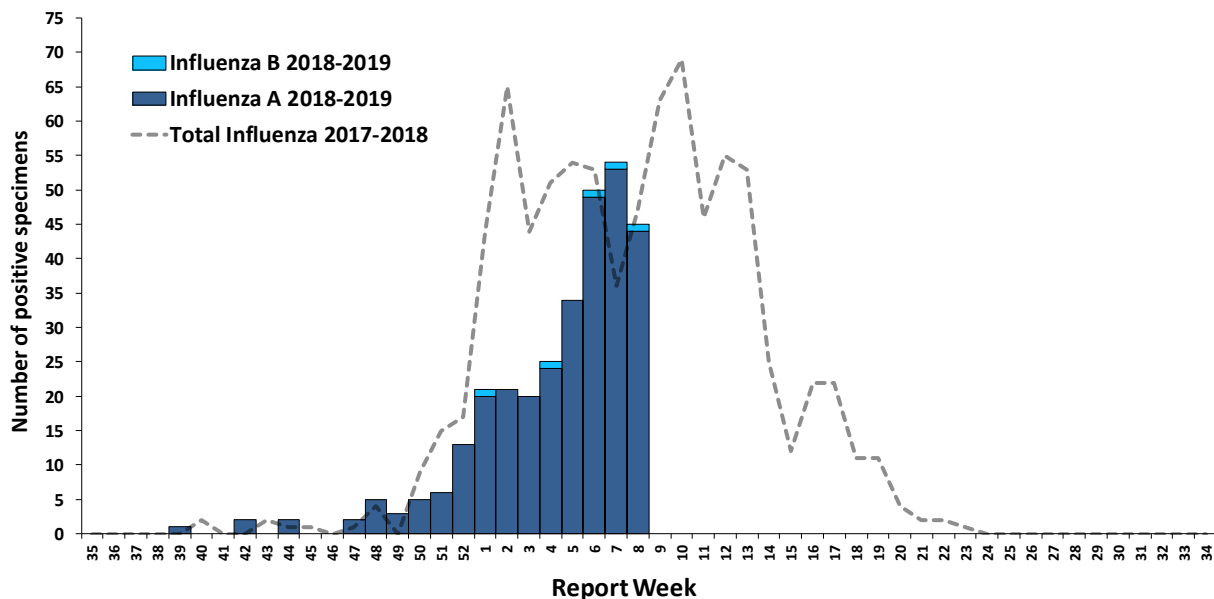
*Notes: \*Reporting weeks run from Sunday to Saturday. The 2018-2019 influenza season is defined using PHAC's influenza surveillance weeks. This year runs from August 26, 2018 (Week 35) to August 28, 2019 (Week 34);*

*\*\*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	8	8	0	60	60	0
Northern	3	3	0	54	54	0
Eastern	10	10	0	59	59	0
Central	24	23	1	136	131	5
<b>Nova Scotia Total</b>	<b>45</b>	<b>44</b>	<b>1</b>	<b>309</b>	<b>304</b>	<b>5</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	6	6	0	31	31	0
5-19	7	7	0	28	28	0
20-44	8	7	1	54	53	1
45-64	7	7	0	83	82	1
65+	17	17	0	113	110	3
<b>Nova Scotia Total</b>	<b>45</b>	<b>44</b>	<b>1</b>	<b>309</b>	<b>304</b>	<b>5</b>

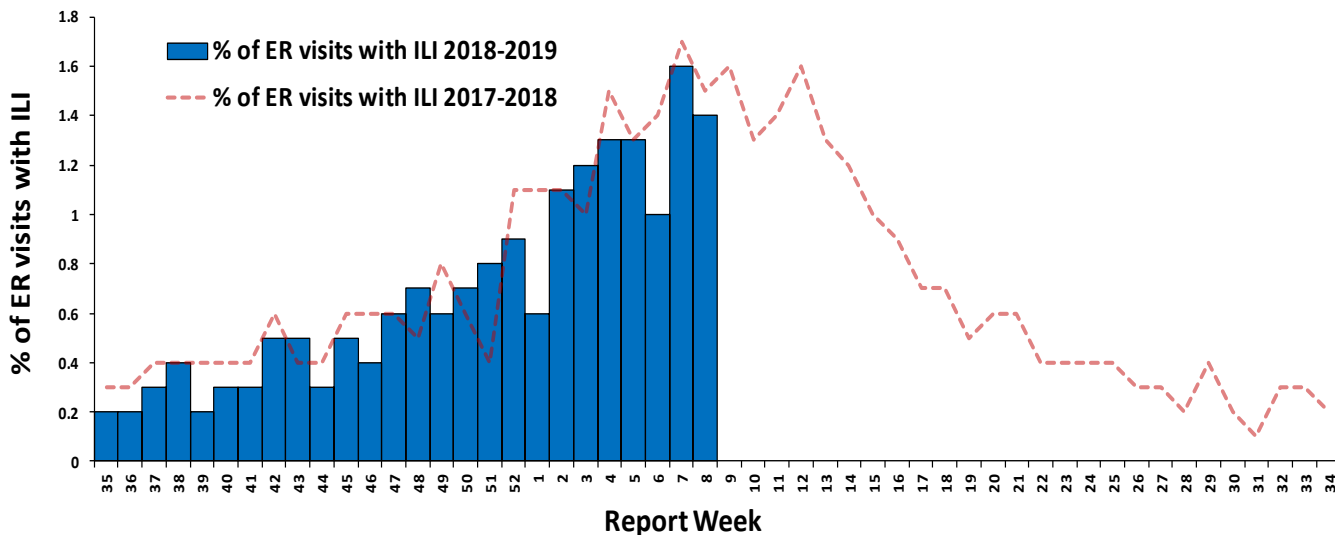
**Table 3: Hospitalizations, ICU admissions and deaths for influenza positive patients, current week and cumulative, 2018-2019 season, Nova Scotia**

	CURRENT WEEK			CUMULATIVE 2018-2019		
	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B
Hospitalized	11	11	0	141	139	2
Hospitalized - ICU	4	4	0	37	37	0
Deceased*	3	3	0	12	11	1
<b>Nova Scotia Total</b>	<b>18</b>	<b>18</b>	<b>0</b>	<b>190</b>	<b>187</b>	<b>3</b>

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

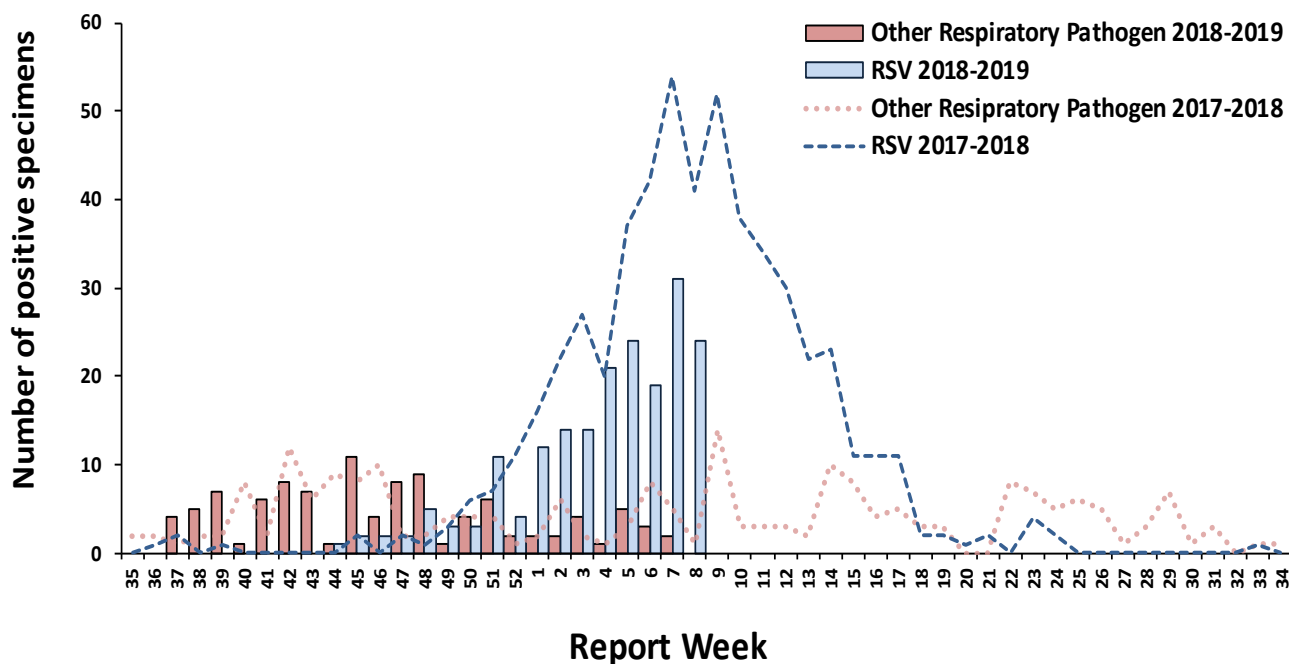
## SYNDROMIC SURVEILLANCE

**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	49
6-11 months	18
12-23 months	25
2-5 years	33
6-15 years	6
16-65 years	16
65+ years	45
<b>Nova Scotia Total</b>	<b>192</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
Chlamydomphila pneumoniae	0	2
Coronavirus	0	5
Enterovirus	0	0
Metapneumovirus	0	4
Mycoplasma pneumoniae	0	16
Parainfluenza	0	15
Pertussis	0	3
Respiratory Syncytial Virus	24	192
Rhinovirus	0	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**

<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)