

Highlights¹

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

Activity levels
<ul style="list-style-type: none"> Sporadic influenza activity was observed in Central, Western and Eastern Zone. Localized influenza activity reported in Northern Zone. An increase in COVID-19 PCR positive cases was reported this week compared to last reporting week. Activity continues to be lower than during the same time period in 2022. An increase in RSV cases has been observed since week 40.
Laboratory-confirmed cases
<ul style="list-style-type: none"> Influenza: <ul style="list-style-type: none"> There were 9 new cases of Influenza A, and 3 new cases of Influenza B reported during week 45; there have been 37 cases of Influenza A and 5 cases of Influenza B reported since the start of the 2023-2024 season. COVID-19: <ul style="list-style-type: none"> There were 292 new cases of COVID-19 reported during week 45; there have been 3553 laboratory confirmed cases of COVID-19 since the start of the 2023-2024 season. RSV: <ul style="list-style-type: none"> There were 33 new cases of RSV reported during week 45; there have been 106 laboratory confirmed case 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"> 5 hospitalizations (non-ICU) 0 ICU admissions 0 deaths COVID-19: <ul style="list-style-type: none"> During the 2023-2024 season there have been: <ul style="list-style-type: none"> 255 hospitalizations (non-ICU) 5 ICU admissions 35 deaths
Outbreaks
<ul style="list-style-type: none"> There were 5 new long term care facility outbreaks declared in this reporting period: <ul style="list-style-type: none"> 1 Influenza 4 COVID-19 1 RSV
Syndromic surveillance
<ul style="list-style-type: none"> The percentage of emergency department visits for influenza like illness (ILI) was 0.5% during this reporting period.

¹ See Appendix for data notes.

INFLUENZA

Figure 1: Laboratory-confirmed influenza cases by week (N=42), 2023-2024 season, with comparison to previous seasons, Nova Scotia²

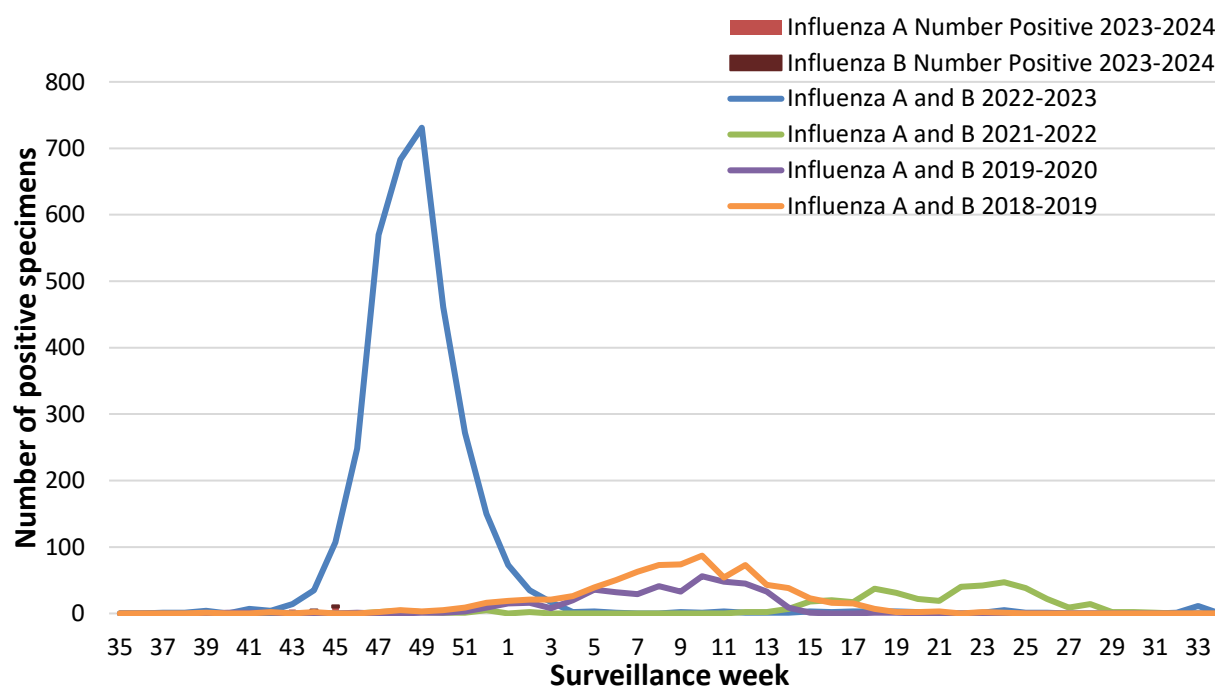


Table 1: Number of laboratory-confirmed influenza cases by zone, current reporting period and cumulative 2023-2024 season, Nova Scotia

ZONE	CURRENT PERIOD			CUMULATIVE 2023-2024		
	INFLUENZA A	INFLUENZA B	TOTAL	INFLUENZA A	INFLUENZA B	TOTAL
Western	0	2	2	0	3	3
Northern	3	1	4	23	2	25
Eastern	3	0	3	6	0	6
Central	3	0	3	8	0	8
Nova Scotia Total	9	3	12	37	5	42

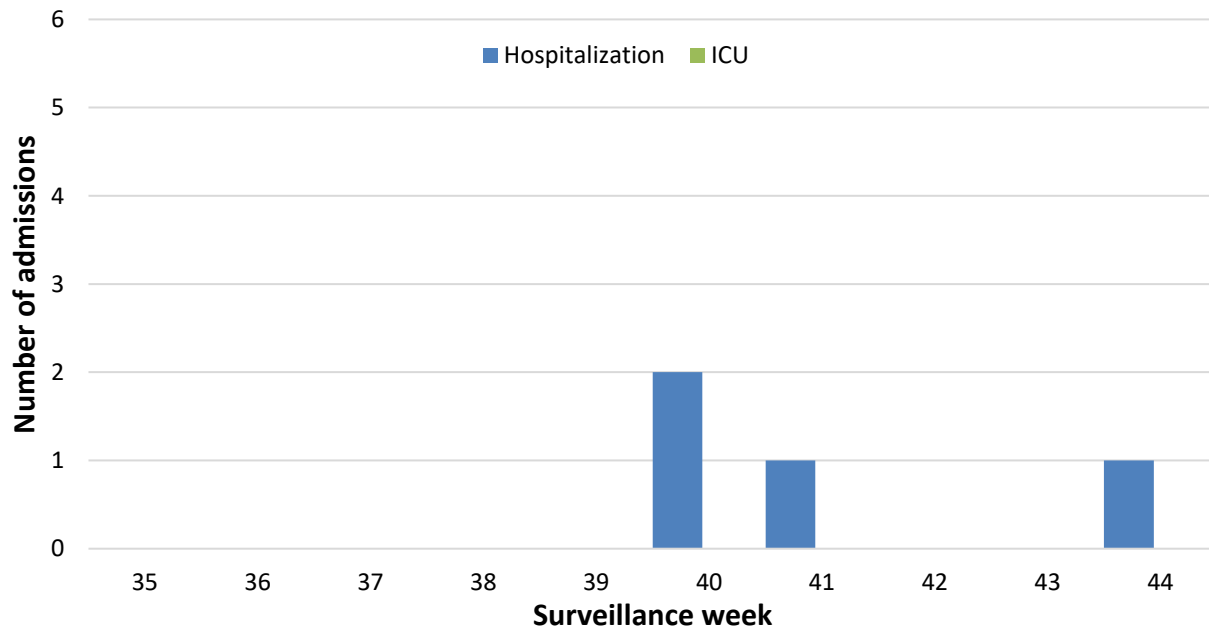
² There were no reported influenza cases during the 2020-2021 season.

Week 45 (November 05, 2023 to November 11, 2023)

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	1	1	2	3	1	4
5-19	2	1	3	6	2	8
20-44	4	0	4	12	0	12
45-64	1	0	1	9	0	9
65+	1	1	2	7	2	9
Nova Scotia Total	9	3	12	37	5	42

Figure 2. Number of influenza hospitalizations and ICU admissions by week, 2023-2024 season, Nova Scotia³



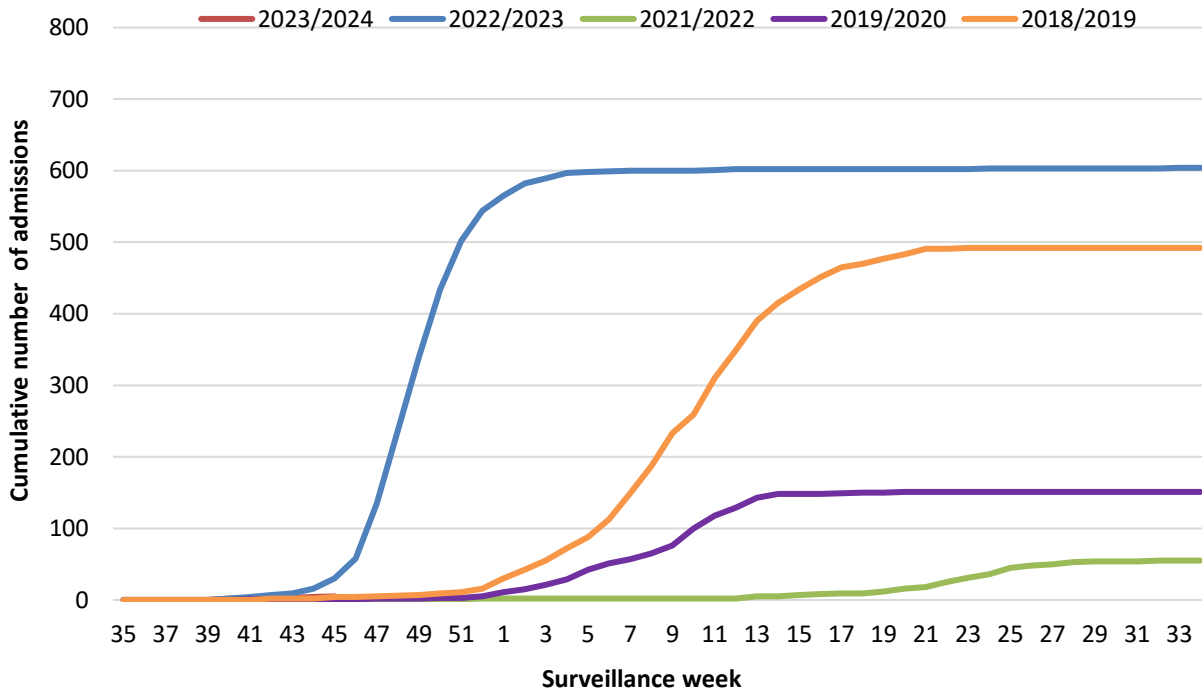
³ Due to influenza outcome reporting cycles, a data delay prevents reporting on the most recent surveillance week. If a case is hospitalized and moves to ICU in the same reporting week, they will appear in both the hospitalization and ICU columns for that week.

Week 45 (November 05, 2023 to November 11, 2023)

Table 3: Hospitalizations, ICU admissions, and deaths for influenza positive patients, based on most severe outcome, cumulative counts, 2023-2024 season, Nova Scotia⁴

AGE (years)	CUMULATIVE 2023-2024		
	Hospitalizations	ICU	Deaths
0-4	0	0	0
5-19	0	0	0
20-44	0	0	0
45-64	2	0	0
65+	3	0	0
Nova Scotia Total	5	0	0

Figure 3: Cumulative influenza hospitalizations and ICU admissions, by week, 2023-24 season compared to prior seasons, Nova Scotia⁵



⁴ 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.

⁵ There were no reported cases of influenza during the 2020-2021 season.

COVID-19

Figure 4: Laboratory-confirmed COVID-19 cases by week (N=3553), 2023-2024 season, with comparison to previous season, Nova Scotia

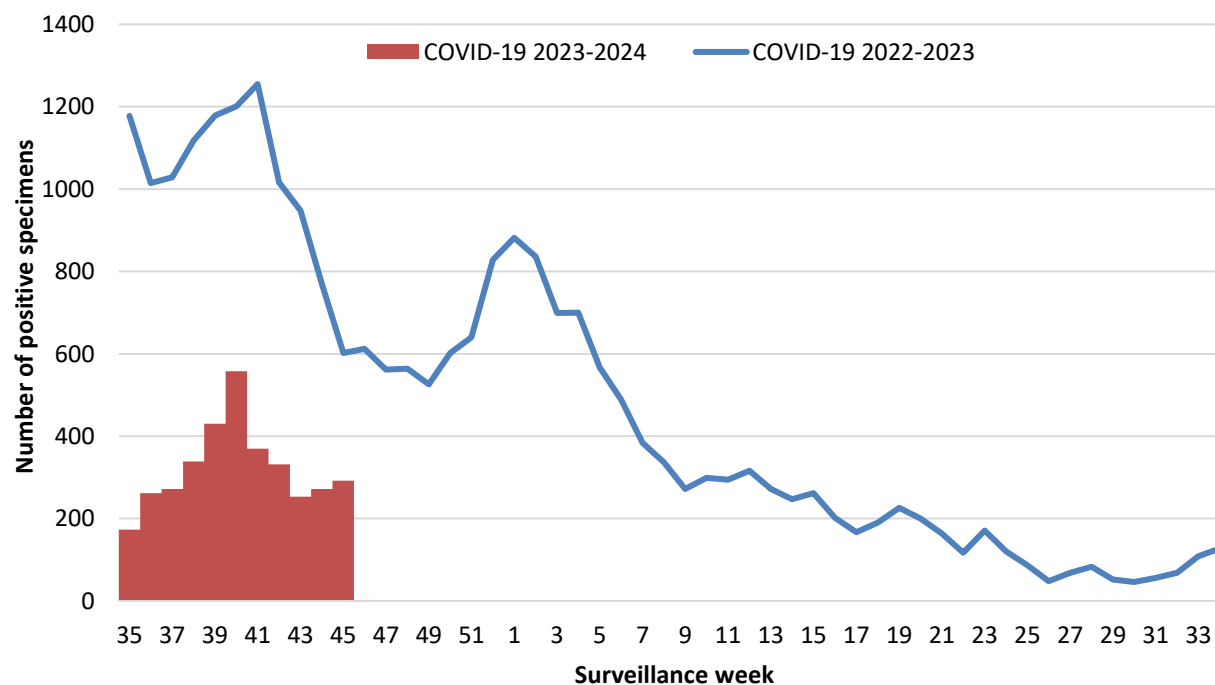


Table 4: Number of laboratory-confirmed COVID-19 cases by zone, current period and cumulative 2023-2024 season, Nova Scotia⁶

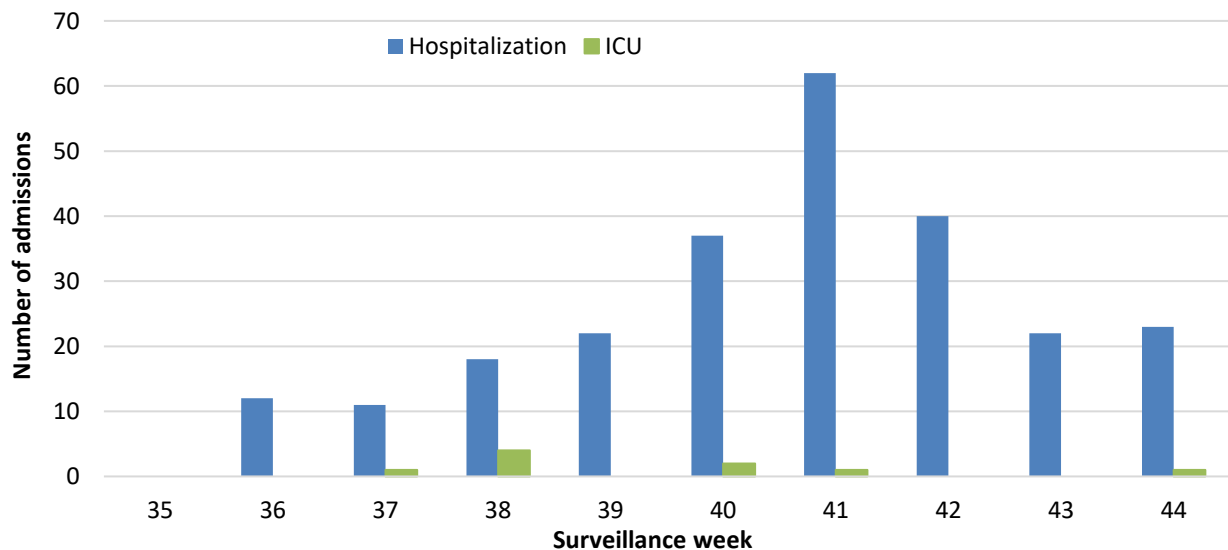
ZONE	CURRENT PERIOD	CUMULATIVE 2023-2024
Western	65	830
Northern	104	644
Eastern	50	605
Central	73	1474
Nova Scotia Total	292	3553

⁶ COVID-19 case data are currently undergoing a quality review. As a result, data from previous weeks might undergo modification as we make improvements. Any labs that belong to people Out of province will be removed once out of province status is known.

Table 5. Number of laboratory-confirmed COVID-19 cases by age group, current period and cumulative 2023-2024 season, Nova Scotia⁷

AGE (YEARS)	CURRENT PERIOD	CUMULATIVE 2023-2024
0-4	2	32
5-19	1	46
20-44	34	523
45-64	68	828
65+	187	2124
Nova Scotia Total	292	3553

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



⁷ COVID-19 case data are currently undergoing a quality review. As a result, data from previous weeks might undergo modification as we make improvements. Any labs that belong to people Out of province will be removed once out of province status is known.

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. COVID-19 outcome data are currently undergoing a quality review. As a result, data from previous weeks might be modified as we make improvements.

Week 45 (November 05, 2023 to November 11, 2023)

Table 6: Hospitalizations, ICU admissions, and deaths for COVID-19 positive patients, cumulative counts, 2023-2024 season, Nova Scotia^{9,10}

AGE (years)	CUMULATIVE 2023-2024		
	Hospitalizations	ICU	Deaths
0-4	1	0	0
5-19	1	0	0
20-44	1	1	0
45-64	30	1	1
65+	222	3	34
Nova Scotia Total	255	5	35

RSV

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

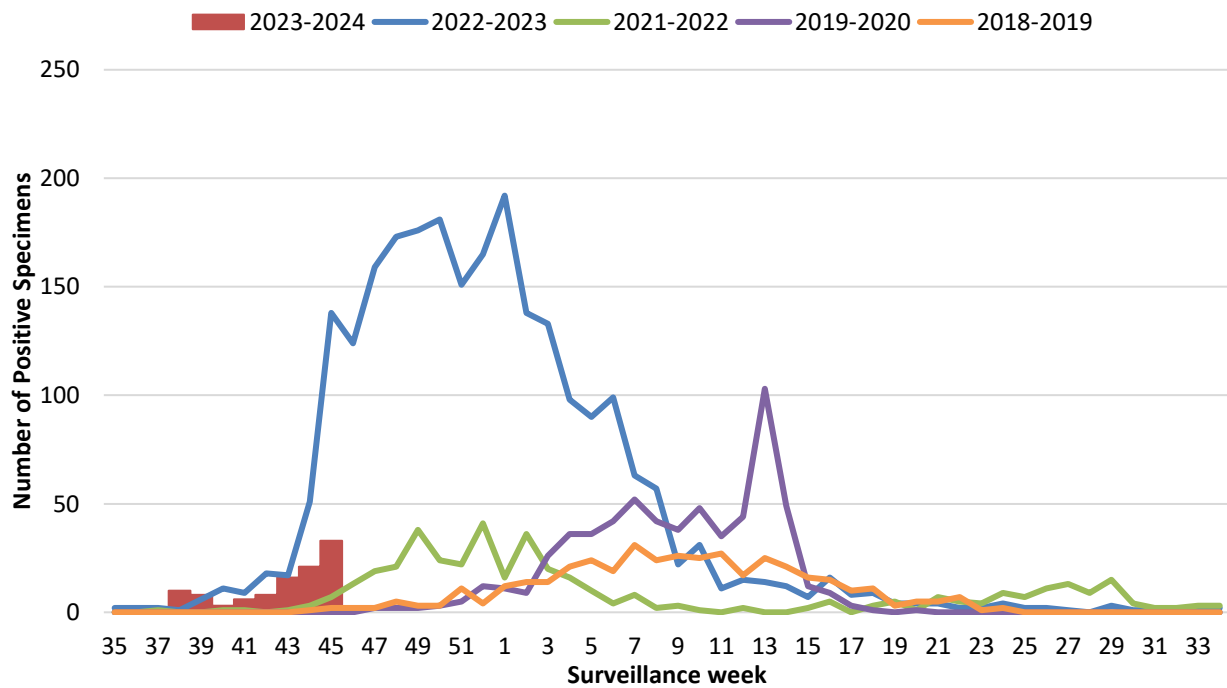
AGE (YEARS)	CURRENT PERIOD	CUMULATIVE 2023-2024
0-5 months	8	20
6-11 months	0	1
12-23 months	1	10
2-4 years	8	29
5-19 years	1	3
20-64 years	5	15
65+ years	10	28
Nova Scotia Total	33	106

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 currently undergoing a quality review. As a result, data from previous weeks might be modified as we make improvements.

¹⁰ During the 2022-2023 season, there were 529 hospitalizations, 74 ICU and 125 deaths linked to COVID-19 within the same timeframe (week 35-44).

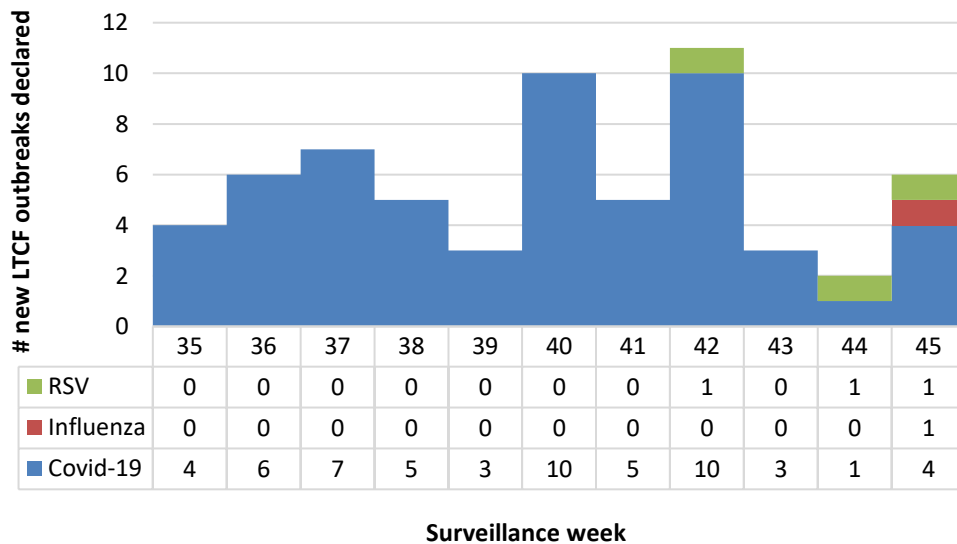
Week 45 (November 05, 2023 to November 11, 2023)

Figure 6: Laboratory-confirmed RSV cases by week (N=106), 2023-2024 season, with comparison to previous seasons, Nova Scotia¹¹



RESPIRATORY OUTBREAKS

Figure 7. Number of new long term care facility respiratory outbreaks by week and respiratory virus (influenza, COVID-19 and RSV), 2023-2024 season, Nova Scotia¹²

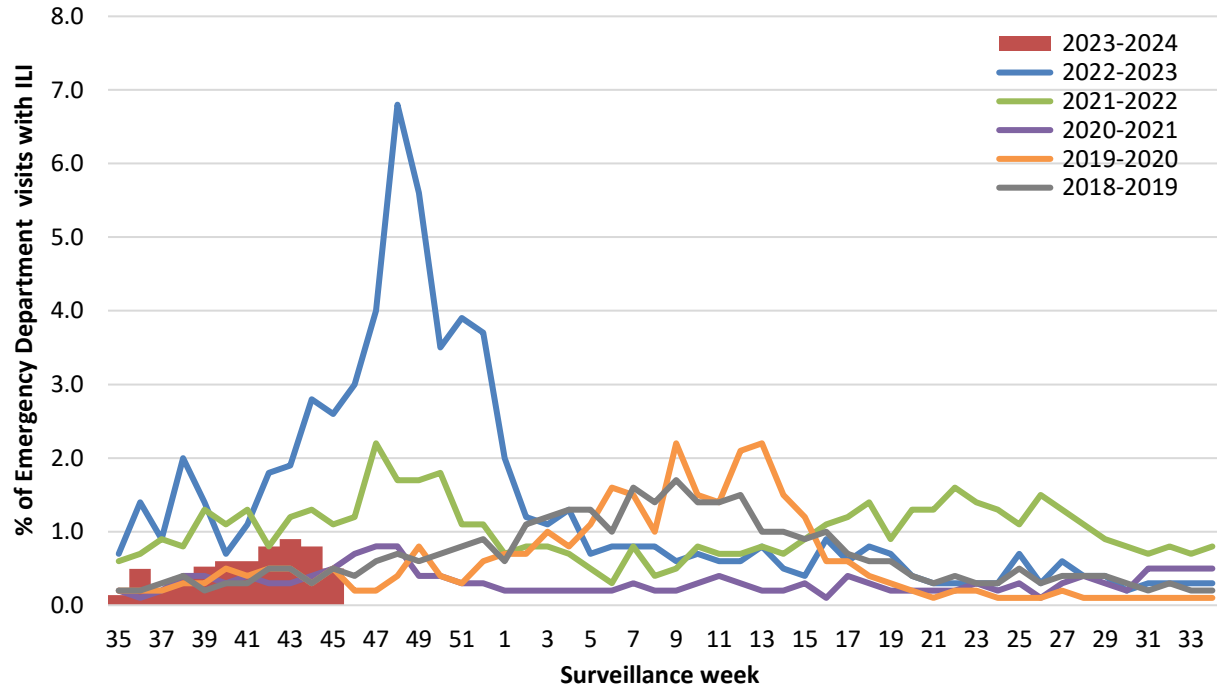


¹¹ There were no reported RSV cases during the 2020-2021 season.

¹² Outbreak definitions can be found in the Appendix.

SYNDROMIC SURVEILLANCE

Figure 8: Percentage of emergency department visits due to ILI by report week, 2023-2024 season, with comparison to previous seasons, Nova Scotia



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	3	22
Bocavirus	0	0
Coronavirus*	0	0
Enterovirus/Rhinovirus	13	135
Metapneumovirus	0	1
Parainfluenza	2	24

*Excludes COVID-19

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.
- 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 is not a notifiable disease in Nova Scotia.
- Testing eligibility guidelines and the use of multiplex respiratory virus testing affect the number of cases identified and reported.
 - Because not everyone gets tested or is eligible for testing, the numbers reported here under-represent the true burden of disease in the community.
 - The implementation of multiplex testing has likely led to increased detection of cases of other respiratory pathogens, including RSV.

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

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 45 (November 05, 2023 to November 11, 2023)

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.

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

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