

Public Health Points

York City Bureau of Health

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2014-2015 Flu Season Will Be Here Soon

With chilly nights, morning frosts and Thanksgiving not far away, so too will be this year's flu season. People who want to avoid the flu should get their flu vaccination soon if they haven't already.

Flu vaccine this season is readily available. There are numerous places for individuals to go to get their flu shot – their doctor's office, grocery stores and pharmacies, public health clinics, and even some local worksites.

As in recent years, there are a number of different types of flu vaccine available. Some vaccines have three antigen strains (trivalent) and some have four (quadrivalent). There is the standard flu shot in the arm, the mist up the nose, the intradermal injection under the skin of the forearm, and the high-dose vaccine for those 65 years of age and older. All of these vaccines are proven safe and effective and are monitored continuously throughout the vaccination season.

Many individuals with flu-like symptoms often self-treat themselves and never come to the attention of the medical care system. Others with more severe symptoms or illness protracted over time will go to their primary care doctor and will be treated as appropriate. Some of those sick individuals will also have a lab test for flu done, and if the lab test is positive, that is the way the local or state health department will become aware of these laboratory-confirmed cases. Those lab-confirmed cases become the basis for our influenza case counts.

So far this 2014-2015 flu season, as of the week ending 10/25/14, flu activity in Pennsylvania has been "sporadic." There have been 142 laboratory-confirmed cases in thirty-nine out of the sixty-seven counties in the state, but none so far in York County. It won't be long, however, until that changes. It's just a matter of time, and with the holiday season, with people traveling near and far, that mixing and mingling will hasten that time when positive flu cases are throughout the state as well as York.

As in years past, the national and Pennsylvania-wide effort to get 90% or greater of the health care personnel in healthcare institutions vaccinated for influenza continues. This strategy is an important issue for both employee health and even more importantly patient safety. After all, who wants to be hospitalized or in a nursing home and have an employee with the flu coughing on them? For these vulnerable individuals, flu could be a serious setback to their recovery or health and in some cases could be fatal. On the PA Department of Health website, track the York County hospitals and healthcare facilities that are achieving a healthcare personnel influenza vaccination rate of 90% or greater. Patient health and safety should be a top priority for all our healthcare facilities.

Useful websites for this flu season include: *Centers for Disease Control and Prevention (CDC)* <http://www.cdc.gov/flu> and *Pennsylvania Department of Health (PADOH)* <http://www.health.state.pa.us/flu>.

Reportable Conditions 2014 York, PA		
Reported Cases	Sept. 2014	Cum.
Animal Bites	13	98
Campylobacter Enteritis	0	5
Chlamydia	54	440
Gonorrhea	8	98
Hepatitis B	0	4
Hepatitis C	8	63
HIV Infection	0	11
Influenza Type A	0	46
Influenza Type B	0	14
Influenza, Not Specified	0	1
Invasive Group A Beta-Strep Disease	0	2
Lyme Disease	0	7
Malaria	0	1
Meningitis – Fungal	0	1
Respiratory Syncytial Virus (RSV) Infection	2	33
Salmonellosis	0	1
Tuberculosis	1	1
Varicella	1	3
Total Case Reports	87	829

IMPORTANT REMINDERS!

Baby Boomers Get Tested For Hepatitis C!

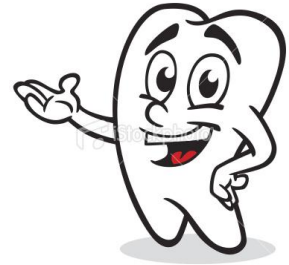
**Born between 1945 and 1965?
Have health insurance coverage that covers Hepatitis C testing?**

Contact the York City Bureau of Health to make your appointment to get your Hepatitis C lab slip. Call 849-2299.



Dental Varnish With Fluoride Prevents Tooth Decay!

Free for York City children from eruption of their first tooth up to 16 years of age.



Call the York City Bureau of Health at 815-0910 to schedule your child's dental varnish appointment.

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