

The purpose of the weekly *Influenza Watch* is to summarize current influenza surveillance in the City of Cleveland. **Please note that reported weekly data are preliminary and may change due to delayed submissions and additional laboratory results.**

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**Current Week**

**Current Week (ending 12/29/2018)**

- 25 new influenza diagnoses reported this week
- Influenza-like-illness (ILI) among emergency department visits: *Elevated*
- 0 influenza-associated pediatric mortalities reported this week
- 44% of influenza hospitalizations are male, 56% female.

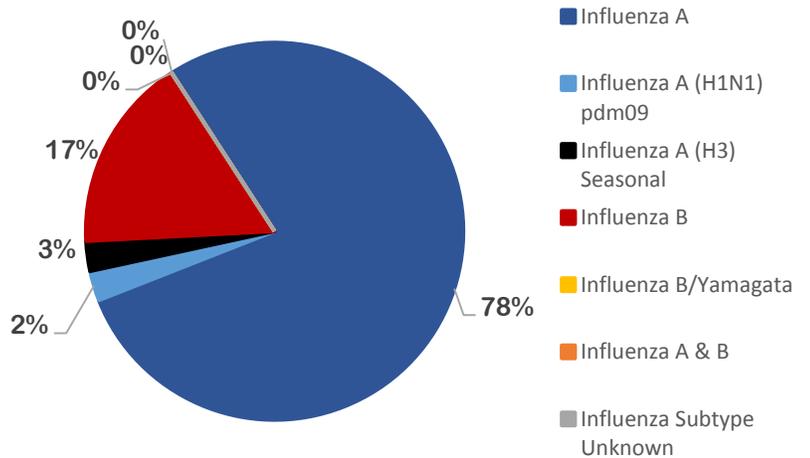
**Current Season Summary**

78  
Total Cases

0  
Outbreaks

0  
Deaths

**Virus Characteristics**



**Previous Week**

**Previous Week (ending 12/22/2018)**

- 22 new influenza diagnoses reported this week
- Influenza-like-illness (ILI) among emergency department visits: *Elevated*
- 0 influenza-associated pediatric mortalities reported this week
- 42% of influenza hospitalizations are male, 58% female.

## Influenza Vaccines

The flu is a contagious respiratory illness that is caused by more than one type of influenza virus strains. The flu can cause mild to severe illness in individuals and in some cases can lead to death. Certain individuals are at a high risk of developing complications from the flu, including the elderly, children, and people with chronic medical conditions (e.g. asthma or diabetes). Most people that are healthy will recover from the flu with no serious problems.

The Cleveland Department of Public Health offers CDPH offers several clinics where individuals can receive the influenza vaccine. Vaccine is available for anyone, regardless of whether or not you have insurance. The clinics listed below outline some times when you can get your vaccination.

Health Center	Address	Start Date	Hours	Phone
Thomas McCafferty	4242 Lorain Avenue	Starting Oct. 1 <sup>st</sup> EVERY MONDAY	8:30 AM – 11:30 AM	216-664-6603
J. Glen Smith	11100 St. Clair Avenue	Starting Oct. 4 <sup>th</sup> EVERY THURSDAY	8:30 AM – 11:30 AM	216-664-7095

**More than one peak of activity may be seen during influenza season, so any City resident over 6 months of age who has not been vaccinated this season should get the shot now to protect themselves from influenza.**

In addition to getting the influenza vaccine, follow these simple steps to help prevent the spread of the flu:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it
2. Wash your hands often with soap and water.
3. If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.

