

**New Brunswick Office of the Chief Medical Officer of Health
Notice to Health Care Providers**

January 4, 2019

RE: Reminder-Seasonal Influenza Program 2018-2019

Influenza A(H1N1)pdm09 is the predominant circulating strain in New Brunswick and in all Canada, so far this season. This strain typically affects children, young and middle-aged adults. The single most effective way of reducing the impact of seasonal influenza, especially for those most at risk of complications, is immunization. Health care providers need to continue to promote and provide the influenza vaccine to your clients.

EPIDEMIOLOGY

The majority of influenza activity occurs between October and April, however; the Office of the Chief Medical Officer of Health (OCMOH) monitors influenza activity through our surveillance system **year round**. Since the beginning of the season and up to December 29, 2018, 579 cases have been reported, 43 influenza A (H1N1)pdm09, 534 influenza A (unsubtyped) and 2 influenza B. Influenza A(H1N1)pdm09 is the predominant circulating strain in New Brunswick and in all Canada, so far this season. This strain typically affects children, young and middle-aged adults. People in these age groups particularly those with chronic conditions are more prone to get severe respiratory illnesses which can result in hospitalizations and admissions to intensive care units.

PREVENTION

- The single most effective way of reducing the impact of seasonal influenza, especially for those most at risk of complications, is immunization. It is important that the population continues to have access to the influenza vaccine. We are asking you as health care providers to continue to promote and provide the influenza vaccine to your clients.
- Emphasize basic, effective prevention messages such as frequent hand hygiene, respiratory etiquette and staying home when sick.

RESOURCES

For more information on the influenza vaccine for this season please see:

https://www2.qnb.ca/content/qnb/en/departments/ocmoh/for_healthprofessionals.html

For ongoing information on influenza activity, please see our weekly New Brunswick influenza report which is posted on our website:

https://www2.qnb.ca/content/qnb/en/departments/ocmoh/cdc/content/influenza/influenza_surveillance_activities.html

Sincerely,



Dr. Jennifer Russell, BA, BSc, MD, CCFP
Chief Medical Officer of Health