

Public Health Points

York City Bureau of Health

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INFLUENZA SEASON OFF TO A STRONG START

The 2012-2013 influenza season is off to a strong start this year. Nationally, a number of southern states were hit hard and early. Now, as we near the end of December 2012 and the beginning of January 2013, a number of states, including Pennsylvania, are already reporting **widespread** influenza activity.

As of the week ending December 22, 2012, the influenza situation in Pennsylvania is:

- Influenza cases have now been reported in 66 of 67 Pennsylvania counties.
- Flu-related Emergency Department visits are elevated in all regions of the state.
- 9.3% of reported outpatient visits to doctors' offices are attributed to influenza-like illnesses (ILI), up from 3.3% the week before which is above the baseline of 2.4%.
- 2,196 flu cases were reported during the week, more than double (933) what was reported the week before. This is a lot more flu than what has been reported at this time in past seasons.
- Nearly all reported cases were influenza type A, with influenza type B co-circulating at low levels.
- Circulating viruses are similar to strains included in this year's influenza vaccine.
- 91 flu-related hospitalizations were reported during the week, up from 57 reported the week before. The median age of hospitalized flu patients is 67 years (range 0 to 90 years).
- Three influenza outbreaks were reported in the northeast and northcentral regions, making 14 the total number reported this season.
- One influenza-related death has been reported so far this season in Pennsylvania.

In York County, 95 laboratory-confirmed influenza cases have been reported so far this season; 5 cases are attributed to residents of York City. As with the picture seen elsewhere in the state, this number of local cases is higher than seen at this time of the year in previous seasons.

Because flu activity does not peak until mid-January or February, now is the time to get vaccinated if one hasn't already. City residents who would like a free flu shot should call the York City Bureau of Health at 815-0910 to schedule an appointment. York County residents living outside the City should call the York State Health Center at 771-4505. Other sites to get flu shots include doctors' offices, pharmacies, and grocery stores.

For up-to-date flu information in Pennsylvania check out www.flufreepa.com. National flu updates can be found at www.cdc.gov/flu.

Reportable Conditions – 2012 City of York, Pa

Reported Cases	Nov.	Total
Animal Bites	7	81
Campylobacter Enteritis	0	6
Chlamydia	37	494
Cryptosporidiosis	1	2
Gonorrhea	17	285
Hepatitis B	0	3
Hepatitis C	7	80
HIV Infection	0	14
Influenza, Type A	0	1
Influenza, Type B	0	3
Invasive Group A Beta-Strep Disease	0	2
Lead Poisoning	4	39
Legionellosis	0	2
Lyme Disease	1	4
Malaria	0	1
Meningitis – Aseptic	0	1
Meningitis – Bacterial	1	2
Pertussis	0	2
Respiratory Syncytial Virus (RSV) Infection	1	42
Salmonellosis	0	7
Shigellosis	1	1
Syphilis – Primary/Secondary	0	3
West Nile Virus – Human	0	1
Total Case Reports	77	1076

THE NEW YEAR BRINGS NEW RESOLUTIONS!

The New Year is a time when we make resolutions to improve our lives or make changes to how we do things. One of the big resolutions for some is to lose weight. Here are 10 tips to lose weight the healthy way:



1. Cut out calories by taking in 500 fewer calories a day or burning 500 extra calories daily from physical activity.
2. Write it down – Keeping a food diary of everything you eat and drink can tip the scales in a positive way.
3. Practice portion control – Limiting portion sizes is key to weight loss. Read labels to see what a portion size is and measure what you eat.
4. Limit alcohol and sugary drinks – Alcohol and sports drinks are high in calories. Drink plenty of water instead.
5. Don't skip meals – Eat small, nutritious meals and snacks throughout the day to increase your metabolism and energy levels.
6. Exercise – Most adults need about an hour of moderate intensity activity 5 days per week.
7. Make fitness fun – Find fun activities that you enjoy and vary your routine to prevent boredom.
8. Take extra steps – Walking 10,000 steps a day will add to your fitness routine. Take the stairs or park farther away.
9. Do some strength training – Increase your muscle mass by lifting some weights.
10. Sleep – Get lots of rest to give you the energy to be active and alert.

Best Wishes for a Healthy and Happy New Year!
~~ From the Staff of the York City Bureau of Health ~~

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