



Durham Region Health Department FAX about...

For Health Care Professionals



Influenza arrives in Durham Region

Durham Region has seen its first confirmed case of **influenza A** which resulted in a respiratory **outbreak** of influenza A being declared at a **long-term care home** located in the region.

Vaccination against influenza is very important this season given the potential for the **co-circulation of COVID-19**. Preventing influenza is important not only to protect the health of our communities, but also to protect and lessen the impacts on our health care system.

The influenza vaccine is **recommended for anyone over the age of 6 months without contraindications**. High-risk groups include: persons at high-risk of influenza-related complications or more likely to require hospitalization and persons capable of transmitting influenza to those at high-risk.

The **influenza vaccine** is currently available to **order** for healthcare providers (HCPs). Please fill out the [Influenza Vaccine Order Form](#) that is available through durham.ca/hcp.

Influenza **antiviral medications** are recommended for treatment of some individuals when influenza is circulating in the community. Public Health Ontario (PHO) is recommending that the **following patients are treated**:

- patients with influenza-like illness at high-risk for complications, OR
- patients with moderate or severe influenza-like illness (e.g., hospitalized patients)

Treatment should be started as soon as possible and works best if administered within 48 hours of symptom onset. Please see PHO's [Influenza Antiviral Treatment Fact Sheet](#) for more information of the use of antiviral medications, oseltamivir and zanamivir, for influenza treatment.

To keep up to date on influenza cases in Durham, Ontario and in Canada, consult the **weekly surveillance reports**:

- **New [Durham Region Flu Tracker](#)** (durham.ca/flucases) replaces the Durham Region Influenza Bulletin
- Public Health Ontario's [Ontario Respiratory Pathogen Bulletin](#),
- Public Health Agency of Canada's [FluWatch Surveillance influenza reports](#)

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

