



United States Update

- Increased disease from the 2009 H1N1 influenza already has started in several states and is expected to become evident across the United States during the coming months.
- Influenza like illness is already well above baseline for this time of year in several Southeastern states. This early increase in the southeastern states may relate to earlier school openings in some of these areas, compared with northern parts of the country.
- So far we are continuing to see that children and young adults are disproportionately affected, and elderly persons are less likely to come down with illness from the H1N1 virus.
- The severity of the virus has not changed at this point and clinical disease we are seeing continues to be a range, with most people getting better with a few days of rest at home, but some people having severe illness leading to difficult hospitalizations and unfortunately, death.
- CDC expects that as fall begins, even more communities may be affected, and communities may be more severely affected than during spring 2009, reflecting wider transmission and potentially greater impact.
- Seasonal influenza viruses may cause illness concurrently with 2009 H1N1 viruses this fall and winter.
- CDC has updated its recommendations to assist businesses and other employers of all sizes.
- During an influenza pandemic, all sick people should stay home and away from the workplace. Handwashing and covering coughs and sneezes should

be encouraged; routine cleaning of commonly touched surfaces should be performed regularly.

Geographic Spread in the United States

The influenza activity reported by state and territorial epidemiologists indicates geographic spread of both seasonal influenza and 2009 influenza A (H1N1) viruses and does not measure the severity of influenza activity.

During week 35, the following influenza activity was reported:

- Widespread influenza activity was reported by Guam and 11 states (Alaska, Arizona, Florida, Georgia, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, and Tennessee).
- Regional influenza activity was reported by Puerto Rico and 13 states (Alabama, Arkansas, California, Illinois, Kentucky, Minnesota, Nebraska, Nevada, New Mexico, Ohio, Texas, Virginia, and Washington).
- Local influenza activity was reported by the District of Columbia and 10 states (Colorado, Hawaii, Iowa, Kansas, Maine, Massachusetts, Montana, New Jersey, Oregon, and Pennsylvania).
- Sporadic activity was reported by 14 states (Connecticut, Delaware, Idaho, Indiana, Michigan, Missouri, New York, North Dakota, South Dakota, Utah, Vermont, West Virginia, Wisconsin, and Wyoming).
- No influenza activity was reported by two states (New Hampshire and Rhode Island).
- The U.S. Virgin Islands did not report.

