



To: CAHAN San Diego Participants

Date: February 14, 2025

From: Public Health Services

Health Advisory: Increased adolescent deaths in San Diego County due to seasonal influenza.

Key Messages

- On February 13, 2025, a fourth adolescent death due to seasonal influenza was reported in the San Diego County (SDC) [Respiratory Virus Surveillance Report](#).
- Of eligible SDC residents between 6 months to 17 years of age, only 23% have received the 2024-25 seasonal influenza vaccination.
- As it is still mid-season, providers should encourage vaccination and early treatment with antiviral agents, especially for those at higher risk for more severe outcomes.
- Providers should subtype influenza samples from ICU patients if the H antigen of influenza A is neither H1 nor H3.
- Deaths due to influenza in persons less than 18 years of age are required to be reported to the County Epidemiology Unit.

Situation

In San Diego County (SDC), 30,977 influenza cases have been reported this season through the week ending February 8, 2025. There have been 105 deaths attributed to seasonal influenza so far this year mostly among persons 50 years of age and older. The average number of total deaths each season since the 2020-21 season has been 60. Influenza activity continues to remain high.

On average, SDC reports 1 to 2 pediatric deaths due to influenza each year; however, this season, there has been a higher-than-normal number of adolescent deaths. The first death was on December 31, 2024, and the most recent was on February 2, 2025. All four cases were not vaccinated during this season. The deaths were within 5 days of their reported symptom onset (mean: 4 days, range: 2-5 days). One adolescent had influenza B, three had influenza A.

Recommendations

1. **Encourage** all patients 6 months of age and older who have not yet received the 2024-25 seasonal influenza vaccine to get immunized.
2. **Encourage** all persons with influenza-like illness who are at high risk for influenza complications to seek care promptly to determine if treatment with influenza antiviral medications is warranted. Oseltamivir is an oral medication approved for treatment of persons 2 weeks and older.
3. **Provide** antiviral treatment as soon as possible to any patient with confirmed or suspected influenza who is hospitalized; has severe or progressive illness; or is at risk for influenza complications.
4. **Subtype** [hospitalized patient samples](#) who are severely ill with influenza A infections. For additional recommendations on subtyping see [Health Advisory: Subtyping of Influenza A in Hospitalized Patients, 2-14-2025](#).

5. **Report** pediatric deaths from [influenza](#) to County Epidemiology Unit by calling 619-692-8499 (Monday-Friday 8 AM-5 PM).

Resources

- [Influenza | CDC](#)
- [Infection Prevention and Control Strategies for Seasonal Influenza in Healthcare Settings | Influenza \(Flu\) | CDC](#)
- [Recommendations for Prevention & Control of Influenza in Children | AAP](#)
- [Subtyping of Influenza A in Hospitalized Patients | CDPH](#)
- [Weekly Respiratory Virus Report | CDPH](#)
- [Respiratory Viruses Data and Reports | San Diego County](#)

Thank you for your participation.

CAHAN San Diego

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