

# INFLUENZA FACTS

## What is H1N1 influenza?

The pandemic of influenza A (H1N1) in 2009–2010, led to a highly unusual influenza season.

Influenza occurs mostly during winter, but H1N1 emerged in the spring and continued through the summer months.

H1N1 had a higher than usual death toll among the young and otherwise healthy people.

In more typical seasons, seniors are usually disproportionately impacted by the influenza virus. But during the HINI epidemic, the highest rates of hospitalizations and deaths were in younger patients, 18–64 years (Figure 2).

**2009 influenza A (H1N1 virus) accounted for almost 400,000 hospitalizations and 18,000 deaths versus almost 200,000 hospitalizations and 36,000 deaths annually occur from typical seasonal influenza.**

## More Facts...

The influenza vaccine can protect against viruses that are the same or related to the viruses in the vaccine.

Flu viruses constantly change. It is not unusual for new virus strains to circulate.

The 2015–2016 flu vaccines protects against Type A and B influenza viruses.

Influenza A (H1N1), (H3N2), and influenza B viruses are included in each year’s influenza vaccine.

**Figure 2: Estimated cases, deaths and related hospitalizations from 2009 H1N1 (April 2009–March 10, 2010, by age group)**

2009 H1N1	Mid-Level Range*	Estimated Range*
<b>Cases</b>		
0-17 years	~19 million	~14 million to ~28 million
18-64 years	~35 million	~25 million to ~51 million
65 years and older	~6 million	~4 million to ~9 million
Cases Total	~60 million	~43 million to ~88 million
<b>Hospitalizations</b>		
0-17 years	~86,000	~61,000 to ~127,000
18-64 years	~158,000	~112,000 to ~232,000
65 years and older	~26,000	~19,000 to ~39,000
Hospitalizations Total	~270,000	~192,000 to ~398,000
<b>Deaths</b>		
0-17 years	~1,270	~900 to ~1,870
18-64 years	~9,420	~6,700 to ~13,860
65 years and older	~1,580	~1,120 to ~2,320
Deaths Total	~12,270	~8,720 to ~18,050

*\*Deaths have been rounded to the nearest ten. Hospitalizations have been rounded to the nearest thousand and cases have been rounded to the nearest million.*

*Source: Updated CDC Estimates of 2009 H1N1 Influenza Cases, Hospitalizations and Deaths in the United States, 2013 – 2014.  
<http://www.cdc.gov/flu/weekly/>*

The seasonal flu vaccine does not protect against influenza C viruses, which are rare.

Influenza results in substantial economic impact –estimated at ~\$37.5 billion<sup>1</sup> each year.

Approximately 5%–20% of Americans contract influenza every year.<sup>2</sup>

Most healthy adults may be able to infect others beginning one day before symptoms develop and up to 5–7 days after becoming sick.

Children may pass the virus for longer than seven days.

People aged 65 and older, children under 2 years, and those with underlying medical problems suffer the highest rates of serious morbidity and mortality from influenza infections.<sup>3,4,5</sup>

About 90% of deaths occur among people 65 years of age and older.

Annual average of 220,000 hospitalizations with 50% occurring in people 65 and older.

Pneumonia and influenza together are the ninth (8<sup>th</sup>) leading cause of death in the United States in 2013.<sup>7</sup>

## References:

*1 Molinari NA, Ortega-Sanchez IR, MESSONIER ML, et al. The annual impact of seasonal influenza in the US: Measuring disease burden and costs.*

*Vaccine. 2007; 25(27): 5086–5096*

*2 Nichol KL., Dheilly SJ, Greenberg ME, Ehlinger E. Burden of influenza-like illness and effectiveness of influenza vaccination among working adults aged 50-64 years. Clin Infect Dis. 2009; 48(3):292–298*

*3 <http://www.cdc.gov/h1n1flu/yearinreview/yir1.htm>*

*4 National, state and urban area vaccination coverage among children aged 19–35 months - United States, 2004, MMWR. July 28 2006; 55(RR10):1–42*

*5 CDC. Estimates of deaths associated with seasonal influenza - United States, 1976–2007. MMWR 2010; 59:1057–1062.*

*6 Parker-Pop T. Vaccinations for grown-ups. New York. July 14, 2008.*

*7 [http://www.cdc.gov/nchs/data\\_access/Vitalstatsonline.htm](http://www.cdc.gov/nchs/data_access/Vitalstatsonline.htm)*