



# Viral Respiratory Illnesses

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# Overview

- ▶ Viral Respiratory Viruses
- ▶ Surveillance
- ▶ Vaccination
- ▶ Testing and Treatment
- ▶ Risk Reduction



# Viral Respiratory Viruses

- ▶ Many respiratory viruses circulate year-round in the United States

Coxsackie

Varicella

Mumps

Measles

- ▶ Some typically have more activity in the fall and winter:

Influenza

Adenovirus

Respiratory syncytial virus (RSV)

Rhinovirus

Parainfluenza

Enterovirus

Human metapneumovirus

Coronavirus



# Viral Respiratory Illnesses

- ▶ These viruses may cause similar symptoms

Cough

Nasal congestion

Sore Throat

Fever

Body aches

Headache

- ▶ Virus are typically transmitted via aerosol, droplets and fomites



# Seasonal Viral Respiratory Illnesses

- ▶ During the past two years, circulation of respiratory viruses other than SARS-CoV-2 has been atypical
- ▶ Right now, the United States is experiencing an increase in viruses other than SARS-CoV-2 viruses



# Surveillance



# Key Monterey County COVID-19 Metrics

Updated: 12/12/2022

Confirmed Cases

**97,318**

New Cases:  
155

7-day Test Positivity

**7.4%**

Previously:  
7.2%

7-day Average Case Rate  
(per 100,000 residents)

**8.0**

Previously:  
9.2

- ▶ Increasing trend:
  - ▶ Case Rates
  - ▶ Test Positivity
  - ▶ Hospitalizations
- ▶ Stable trend:
  - ▶ Deaths

Today's Hospital Census

**31**

Previously:  
23

Deaths

**798**

New Deaths:  
0

Percent of Population Fully  
Vaccinated

**72.5%**

Previously:  
72.5%

[www.montereycountycovid19.com](http://www.montereycountycovid19.com)

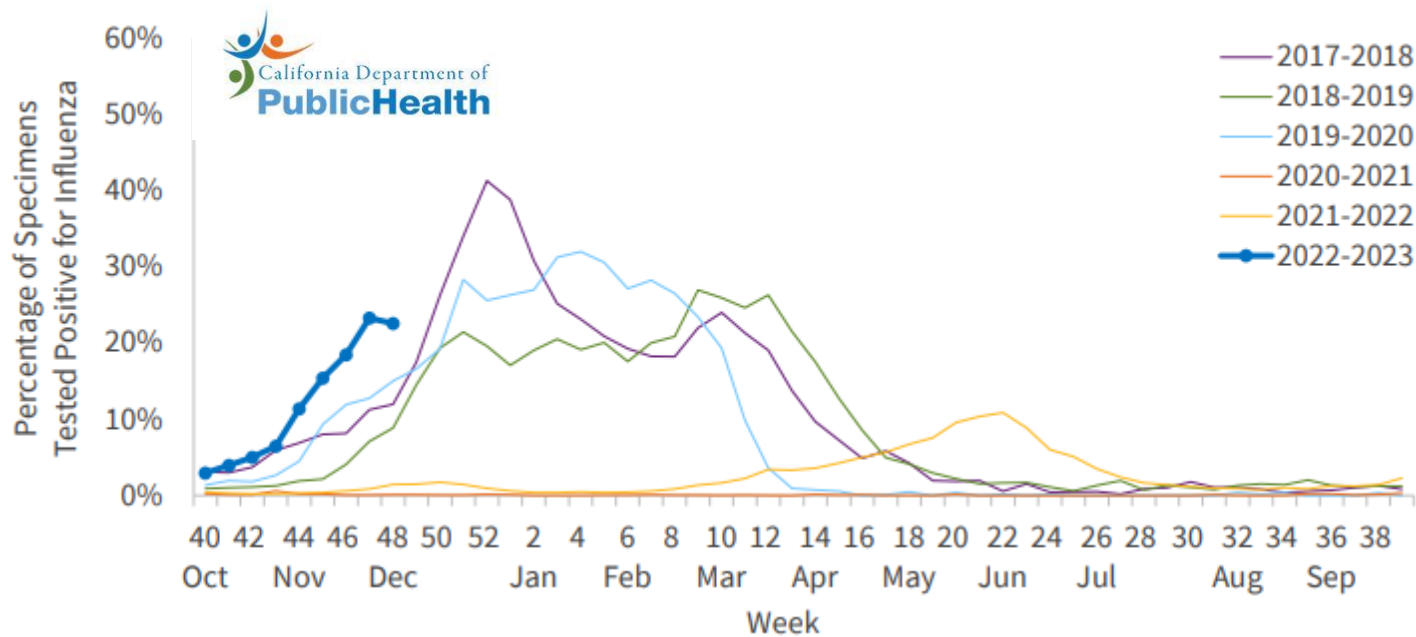


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# Key California Influenza Virus Metric

Figure 1. Percentage of Influenza Detections at Clinical Sentinel Laboratories, 2017–2023 Season to Date



- ▶ “Sentinel” laboratories and health care providers generate estimates of influenza activity
- ▶ Mandatory provider reporting for ICU admissions and fatal cases among individuals 64 years of age and younger and outbreaks

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Flu-Reports.aspx>



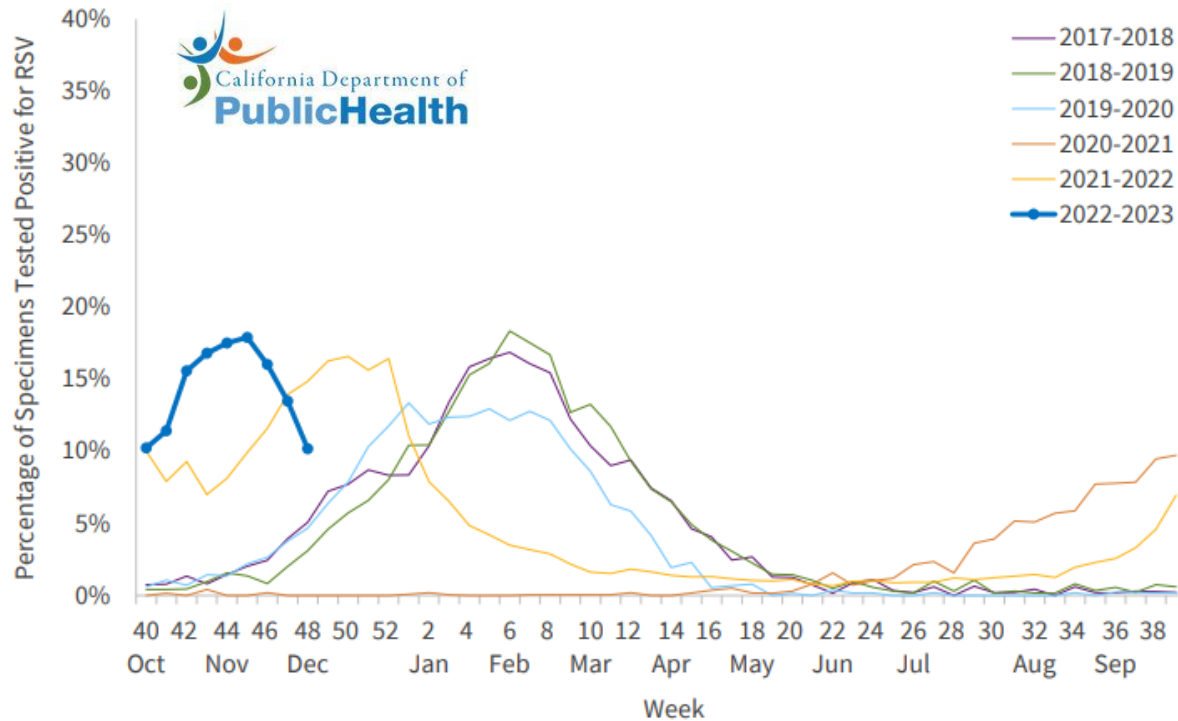
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# Key California Respiratory Syncytial Virus Metric

Figure 13. Percentage of RSV Detections at Clinical Sentinel Laboratories, 2017–2023 Season to Date



- ▶ “Sentinel” laboratories and health care providers generate estimates of RSV activity
- ▶ Mandatory provider reporting for fatal cases among individuals 4 years of age and younger and outbreaks

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Flu-Reports.aspx>



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# Vaccination



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# Vaccination Eligibility

COVID-19	Influenza	RSV and other viruses
Everyone 6 months of age and older for primary series	Everyone 6 months of age and older annually	No vaccine currently available
Nearly everyone 6 months of age and older for bivalent booster		



# Influenza & COVID-19 Vaccination Locations

- ▶ Primary Care Provider Offices
- ▶ Pharmacies
- ▶ Community Vaccination Clinics



## **CALL**

**2-1-1** for help scheduling a vaccination appointment.



## **CLICK**

to schedule an appointment with **MyTurn**.



## **FIND**

additional **vaccination locations** near you:  
in English, en Español.



## **REQUEST**

a **digital copy** of your COVID-19 vaccination record by clicking here.

[www.montereycountyCOVID19.org](http://www.montereycountyCOVID19.org) or  
[www.montereycountyvaccines.com](http://www.montereycountyvaccines.com) or [www.vaccines.gov](http://www.vaccines.gov)



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# Testing and Treatment



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# Testing

COVID-19	Influenza	RSV and other viruses
Rapid antigen (professional and over-the-counter)	Rapid antigen (professional)	Rapid antigen (professional)
NAAT/PCR	NAAT/PCR	NAAT/PCR

State-sponsored LHI OptumServe testing sites: <https://lhi.care/covidtesting>

Local-sponsored testing sites: [www.montereycountyvaccines.com](http://www.montereycountyvaccines.com)



# Treatment and Pre-Exposure Prophylaxis

Use	COVID-19	Influenza	RSV
Pre-exposure Prophylaxis for High-Risk Asymptomatic Individuals	<ul style="list-style-type: none"> <li>Antibodies                             <ul style="list-style-type: none"> <li>Evusheld</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Anti-viral meds                             <ul style="list-style-type: none"> <li>Tamiflu</li> <li>Relenza</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Antibodies                             <ul style="list-style-type: none"> <li>Synagis</li> </ul> </li> </ul>
Treatment for Symptomatic Individuals	<ul style="list-style-type: none"> <li>Antibodies</li> <li>Anti-viral meds                             <ul style="list-style-type: none"> <li>Paxlovid</li> <li>Remdesivir</li> </ul> </li> <li>Supportive care</li> </ul>	<ul style="list-style-type: none"> <li>Anti-viral meds                             <ul style="list-style-type: none"> <li>Tamiflu</li> <li>Relenza</li> </ul> </li> <li>Supportive care</li> </ul>	<ul style="list-style-type: none"> <li>Supportive care</li> </ul>



# Risk Reduction



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# Strategies to Further Reduce Transmission of Respiratory Viruses

- ▶ Get vaccinated and boosted, if eligible
- ▶ Wear a face covering in indoor public settings
- ▶ Avoid large gatherings
- ▶ Wash hands frequently
- ▶ Stay home if sick
- ▶ Get tested
- ▶ Get treated, if at high risk for severe disease



# Additional Information & Resources

- ▶ [www.montereycountycovid19.org](http://www.montereycountycovid19.org)
- ▶ [www.mtyhd.org/flu](http://www.mtyhd.org/flu)
- ▶ Twitter: [@MontereyCoInfo](https://twitter.com/MontereyCoInfo) or [@MCHDPIO](https://twitter.com/MCHDPIO)
- ▶ 2-1-1





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