

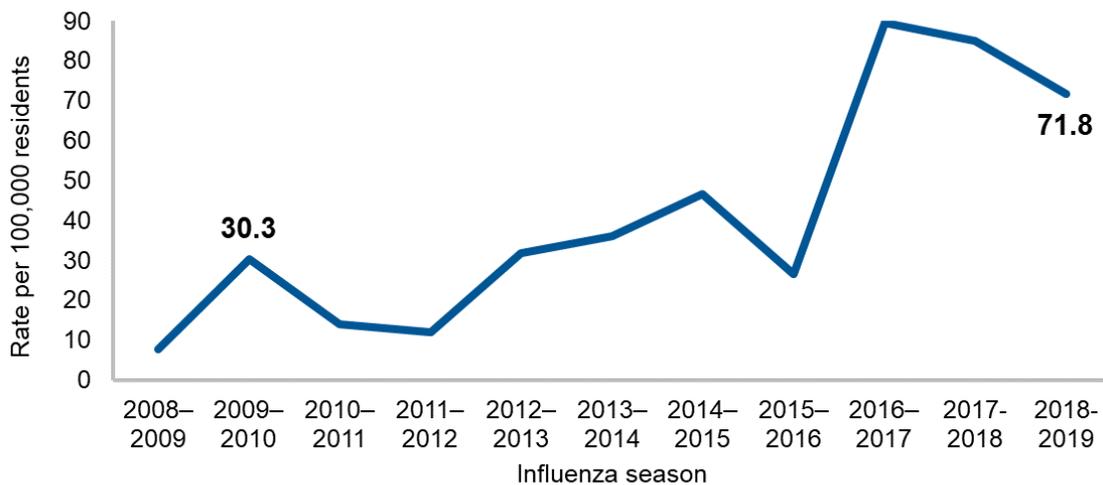
## Communicable Disease Control

# Influenza hospitalizations

Oregon’s Emerging Infection Program (EIP) tracks laboratory-confirmed influenza hospitalizations in the Portland tri-county area (Clackamas, Multnomah, and Washington counties). These figures likely represent half of the influenza hospitalizations occurring in the state. Oregon has suffered three severe flu seasons in a row. The severity of the influenza season varies due to differences in circulating strains from season to season and whether the vaccine matches the circulating strain. The hospitalization rate for the 2018–2019 season remained high (71.8 hospitalizations per 100,000 residents over the season), more than double the rate of influenza-associated hospitalizations as the 2009–2010 H1N1 pandemic (Figure 1), though lower than the previous two seasons.

FIGURE 1

**Influenza hospitalizations by season, Clackamas, Multnomah, and Washington counties**

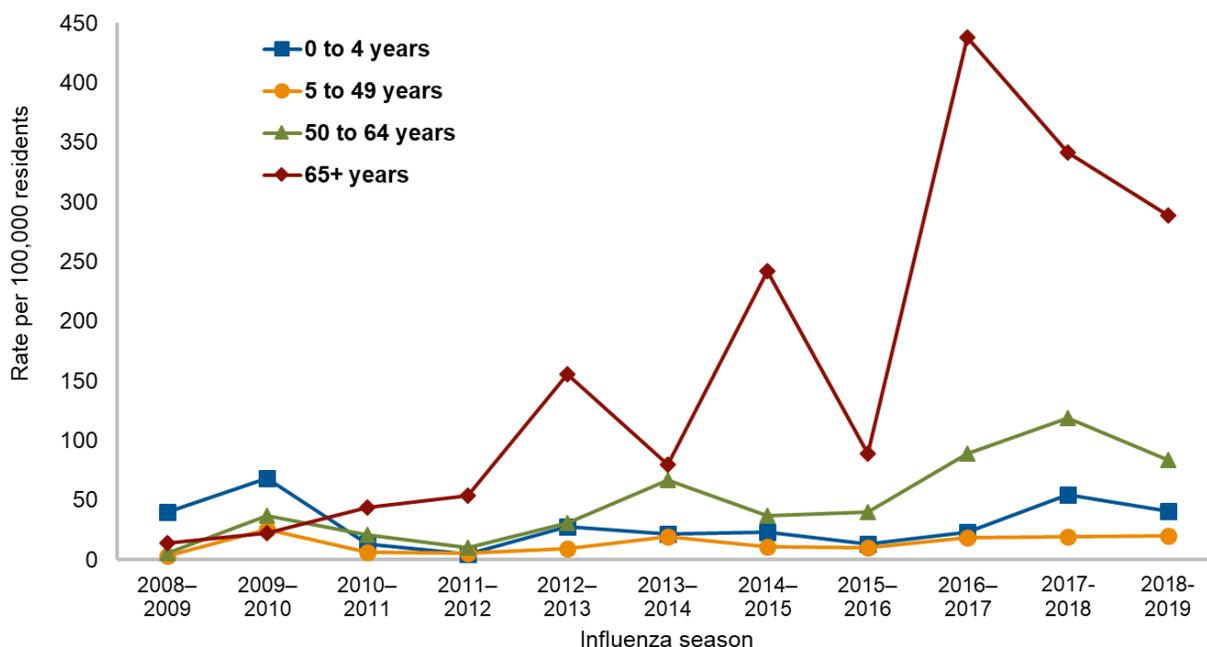


Source: Oregon Emerging Infections Program

At highest risk for severe disease are infants, persons ≥ 65 years of age, and persons with chronic diseases. During 2009–2010 H1N1 pandemic, hospitalizations were highest in children 0 to 4 years of age, but every season since hospitalizations have been highest in those aged 65 years and older, followed by those aged 50 to 64 years (Figure 2).

FIGURE 2

**Influenza hospitalizations by season and age group, Clackamas, Multnomah, and Washington counties**



Source: Oregon Emerging Infections Program

The best means available to prevent influenza is annual vaccination. Influenza viruses mutate frequently, so a new vaccine is needed every year to adjust to the changing viruses. In addition to annual vaccination of everyone against influenza, hand washing, covering one’s cough, and staying home when sick will also help to reduce the spread of the flu.

**Additional Resources:** [Influenza \(vaccine-preventable\) disease details](#)

**About the Data:** Hospitalization data are collected annually by the Oregon Emerging Infections Program as part of the CDC Influenza Hospitalization Surveillance Network (FluSurv). Cases include any resident of the Portland Tri-county area (Multnomah, Washington, and Clackamas counties) hospitalized with laboratory-confirmed influenza infection in Portland Tri-county area hospitals. Population estimates by age group used in calculating rates are from the National Center for Health Statistics (NCHS). Data can be accessed through FluView: Influenza Hospitalization Surveillance Network, Centers for Disease Control and Prevention, <https://gis.cdc.gov/grasp/fluview/fluportaldashboard.html>

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