

**SEASONAL DISEASES**

**Influenza, 2021**

Since the first week of March 2021, when the first case of influenza was detected in surveillance, a total of 54 influenza cases has been detected from surveillance sites. The majority of cases (53/54, 98%), were influenza B, of which 43 (81%) were influenza B/Victoria. In 2021 to date, there has been one case of influenza A (H3N2) detected. Patients positive for influenza were from the Eastern Cape, KwaZulu-Natal, North West, Gauteng, Mpumalanga and the Western Cape provinces. Influenza transmission has remained below seasonal threshold [using the Moving Epidemic Method (MEM), a sequential analysis using the R Language, to calculate the duration, start and end

of the annual epidemic] (Figure 5). In the majority of otherwise healthy young persons, influenza is an uncomplicated infection, and in rare events healthy individuals may present with severe influenza illness or complications. Complications of influenza, e.g. pneumonia, are more common in pregnancy, in persons over 65 years of age, those with other medical conditions, for example conditions affecting the heart or lung, diabetics or persons with a weakened immune system. Recommendations on target groups, dosages and contraindications for the 2021 influenza vaccine, and influenza antiviral treatment are available in the Influenza NICD recommendations, 2021

