

Flu strain hits young people, healthy adults hardest

By Cynthia H. Craft, Sacramento Bee

Just days after a Christmas Eve federal health advisory, a top public health official warned Friday of a sudden increase in local influenza activity, possibly led by a strong resurgence of a version of the virus behind the 2009 worldwide flu pandemic.

Olivia Kasirye, the Sacramento County's public health officer, said the viral strain known as influenza A pH1N1 is atypical because it tends to hit young people and healthy adults the hardest. In 2009, the H1N1 virus caused more illness in children and young adults, compared to older adults.

State and federal officials confirmed that the pH1N1 virus is the "predominant strain" circulating so far this season nationwide. Statewide, no influenza outbreaks have been reported to date and only local – as opposed to regional – cases have popped up, according to data collected by the state up to Dec. 14.

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