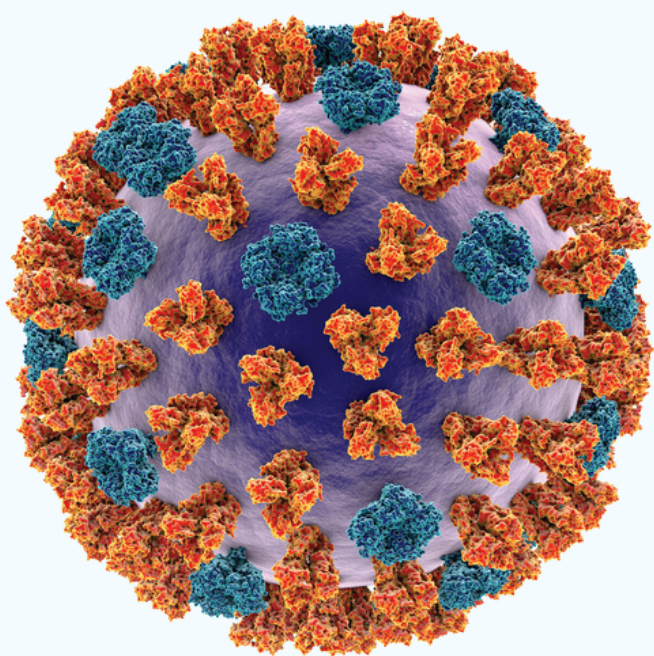


# A CLOSER LOOK: INFLUENZA

## WASTEWATER-BASED MONITORING FOR INFLUENZA



**Influenza, also known as the flu, is a common viral disease with many different types.**

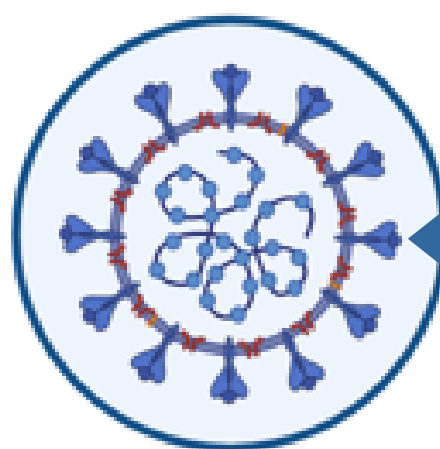
The State of Michigan has monitored for COVID-19 in wastewater since 2020, partnering with national and international institutions. Because of its success in understanding public health and safety, expansion to other pathogens, including influenza A and B, began in 2023.

### HOW THE MAGIC HAPPENS



#### COLLECT SAMPLES

Wastewater samples are collected from local sewersheds and treatment plants.



#### ISOLATE VIRUS

We use Michigan's state-approved method to capture viruses in the wastewater and isolate them for analysis.



#### ANALYZE RESULTS

We use molecular methods to identify and measure viruses in wastewater. Our data are reported to local, state, and federal health departments.

### HOW INFLUENZA IS SPREAD

- **Influenza** or “**flu**” is a viral infection of the lungs, nose, and throat (respiratory system). Flu is often **spread** by very small droplets that are made when a person who has the flu coughs, sneezes, or talks.
- While most people have mild symptoms, an average of 200,000 people in the United States are hospitalized every year from influenza. Those most at risk for severe symptoms are children under 5, adults 65 and older, and people with chronic conditions such as asthma.



### PRACTICE MAKES PERFECT

- Stay up to date on the latest **flu vaccine** each fall from Mid-September through October. This can lessen your risk of serious flu-related illnesses and complications.
- **Wash your hands** often and cover coughs and sneezes.
- If you are sick, try to **avoid** going to places where there are large groups and the virus can be easily spread.

Curious about what your plumbing and influenza have in common? Scan Here.

