Seasonal influenza activity in the United States remains low.
0.1% of specimens from clinical laboratories tested positive for influenza this week.
1.3% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.
8.1% of deaths were attributed to pneumonia, influenza, or COVID-19.
No pediatric deaths have been reported for the 2020-2021 season. A total of 195 children died during the 2019-2020 season.
As Flu Season Nears, Important To Know When And When Not To Visit Doctor; CBS New York

While both this coronavirus and the flu can cause serious illness, hospitalization and even death, there are many cases mild enough to be cared for at home. That keeps hospital beds available for really serious cases as well as non-COVID or non-flu patients. However, prevention is much better than treatment. Get your annual flu vaccine to help prevent flu cases this season.

Doctors debunk 15 flu myths; Business Insider

In this video, doctors discuss common myths about the annual flu vaccine. Highlights include:

- The flu vaccine doesn't contain anything that could give you the flu infection. We're not seeing any more rates of illnesses after the flu vaccine than we would if we were giving a placebo injection of salt water.
- You should absolutely get the flu shot while you're pregnant. The last thing you would want is to get sick with an illness that could land you in the hospital while you're pregnant.
- Taking vitamin C will not prevent the flu. In fact, we don't have nutrients that you can add as supplements or foods that you can eat that will protect you against the flu. What will protect you against the flu? The vaccine, hand washing with soap and water, avoiding people with cough and sneeze. Obviously, if you do have the flu, you should take steps to cover your cough and avoid exposing others.

What You Need To Know About The Swine Flu Detected In Canada; Forbes

Canadian officials reported that a variant of the influenza virus that normally infects pigs, a virus known as Influenza A (H1N2)v, was detected in a person in Alberta. Although novel influenza viruses are indeed something to be wary of, this event is not a cause for alarm. It is exceedingly unlikely that the virus detected this week in Alberta is highly
pathogenic. Moreover, it is quite unlikely to spread in people, because it is a virus strain that is adapted to replicating in pigs.

California resident gets co-infection with flu and coronavirus. Is this rare?; NBC

Experts have warned that if Covid-19 cases remain high as flu season begins, the country could face a “twindemic,” with both viruses at high levels. Co-infection is so far rare but biologically possible. The best way to prevent co-infection is to get an annual flu vaccine and practice social distancing.

Despite the Trump administration’s new policy, many pharmacies still won't vaccinate children against flu; CNN

In August, the administration issued a declaration authorizing pharmacists nationwide to give flu shots to children ages 3 and older, which most states have not previously allowed. But calls to more than 175 pharmacies, and discussions with large pharmacy chains, show that the policy landed with a thud. The vast majority of the pharmacies have not taken advantage of the Trump administration's declaration and still refuse to vaccinate children that young.

Families Fighting Flu Updates

Check out our new suite of Spanish social media graphics here! Immediately download any of our graphics for use on Instagram, Twitter, Facebook, and LinkedIn.
Visit our website to view and download our new Spanish educational materials today!

Need a reminder to get your annual flu vaccine? Text FIGHTFLU to 47177 to sign up for key flu and flu vaccine information to stay healthy this season!

Make the Families Fighting Flu Vaccination Promise! Commit to getting your annual flu vaccine and sign your name on the Promise Wall.
Flu Champions

Are you interested in flu education and advocacy? Become a Flu Champion in your community to inform others about the seriousness of flu and the importance of flu prevention and treatment.

Symptom Survey

Have you or someone you care for had the flu? Please take the following survey to tell us:

- which symptoms you consider most important
- what a meaningful improvement looks like
- what recovery means to you and your family

You can access it here by using the password SymptomSurvey2020

Our Contact Information
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