

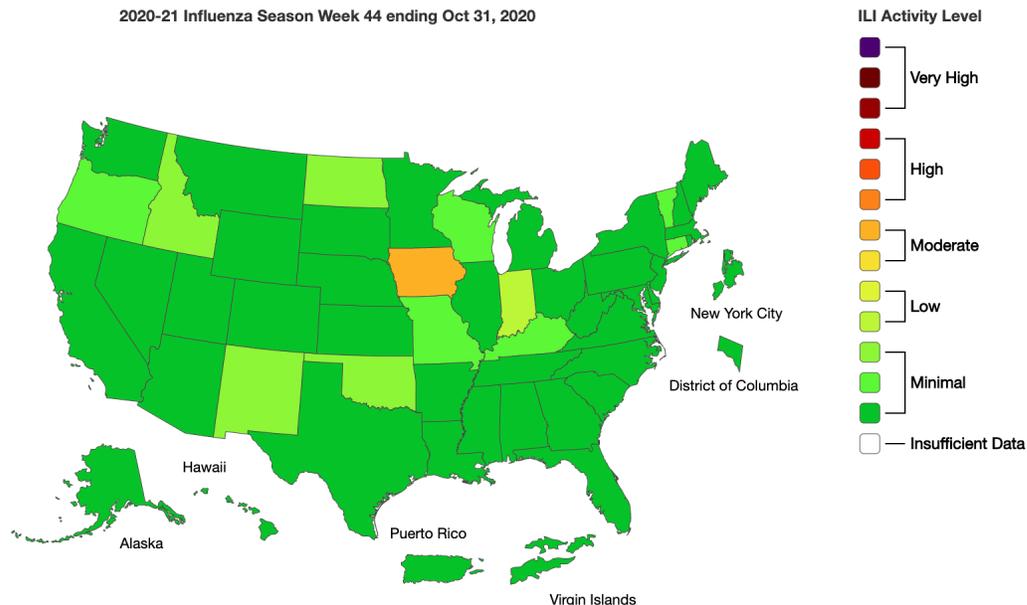


Weekly Flu News



CDC: Weekly Influenza Surveillance Report - Week 44, ending October 31, 2020; [Centers for Disease Control and Prevention](#)

- 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.
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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.

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de edad



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Comunicación esencial Preguntas frecuentes sobre la gripe y la vacuna antigripal

¿La vacuna antigripal puede causar gripe?

No puede enfermarse por la vacuna antigripal, pero puede experimentar efectos secundarios leves después de vacunarse, ya que el sistema inmunitario del cuerpo se prepara para luchar contra futuras infecciones de gripe.



¿Por qué debo vacunarme contra la gripe todos los años?

Existen muchas cepas diferentes (tipos de gripe) que pueden enfermarse a las personas y estas pueden cambiar de un año a otro a medida que los virus de la gripe evolucionan. Para adaptarse al cambio de las cepas circulantes de la gripe, las vacunas antigripales se modifican todos los años.

¿Por qué debería preocuparme por la gripe?

Cualquier persona puede verse afectada por la gripe sin importar su edad, estado de salud, sexo o estilo de vida. La gripe puede provocar rápidamente enfermedad y, en algunos casos, complicaciones potencialmente mortales.



Recuerde: No es "solo" gripe, es una enfermedad grave.

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!

TEXT:
FIGHTFLU
TO:
471-77

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FIGHTING FLU, INC.

Make the Families Fighting Flu [Vaccination Promise!](#) Commit to getting your annual flu vaccine and sign your name on the Promise Wall.

Protect yourself, your family,
and your community.



Make the
**Families Fighting Flu
Vaccination Promise!**



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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