Laboratory confirmed flu activity as reported by clinical laboratories is low.

- 0.3% of specimens from clinical laboratories tested positive for influenza this week.
- 1.2% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.
- 7.2% of deaths were attributed to pneumonia, influenza, or COVID-19.
- Three additional pediatric deaths have been reported to the CDC for the 2019-2020 flu season for a total of 192 pediatric deaths. No pediatric deaths have been reported for the 2020-2021 season.
Does the flu vaccine affect my chances of getting COVID-19?; AP

A few flawed studies over the years have attempted to link the flu vaccine to increased risk of other respiratory infections, but experts say there is no evidence that’s true. The flu vaccine protects you from seasonal influenza, not the coronavirus — but avoiding the flu is especially important this year.

AI is about to face a major test: Can it differentiate Covid-19 from flu?; STAT

With Covid-19 cases surging in parts of the U.S. at the start of flu season, developers of artificial intelligence tools are about to face their biggest test of the pandemic: can they help doctors differentiate between the two respiratory illnesses and accurately predict which patients will become severely ill? Numerous AI models are promising to do exactly that by sifting data on symptoms and analyzing chest X-rays and CT scans. The challenge now is to comb the data for patterns that could identify clusters of symptoms or certain clinical details that could differentiate Covid-19 from flu and other illnesses. That could help both patients and caregivers make more accurate decisions and preserve medical resources.

Vaccine Effectiveness Against Pediatric Influenza Hospitalizations and Emergency Visits; American Academy of Pediatrics

A new study finds that among children ages 6 months through 17 years, flu vaccination reduced risk of being hospitalized for flu by 41% and risk of having a flu-related emergency department visit by half during the 2018-19 flu season. The study collected data of confirmed influenza tests at 7 different hospitals across the country.
Flu Vaccines Are Safe: Here’s Why; Insights on Influenza

Flu vaccines help prevent flu-related illness, hospitalizations, and deaths. Flu vaccines have a strong safety record and have been safely administered to hundreds of millions of people over the past 60+ years. While some people are afraid to get vaccinated because of a myth that the flu vaccine can cause flu illness, flu vaccines do not contain viruses that can make you sick with the flu. If you are sick after receiving a flu vaccine, it’s likely that you are experiencing an immune response - your body is gearing up to fight off future flu infections if you become exposed.

Flu vaccination: 6 tips to win over theundecideds; American Medical Association

Here are six tips from the AMA, CDC, and Ad Council on key points physicians can raise with those still on the fence about the flu shot:

1. Keep yourself from getting sick
During the 2019–2020 flu season, flu vaccines prevented an estimated 8.7 million people from getting the flu, 105,000 flu-related hospitalizations, and 6,300 flu-related deaths.

2. Save medical resources
During the 2019–2020 flu season, the flu caused an estimated 18 million medical visits. Getting a flu vaccine can help to reduce the burden on doctors and nurses as they fight COVID-19.

3. Protect your loved ones
A flu vaccine helps protect the people around you who are more likely to get very sick from the flu, such as babies, young children, pregnant women and older adults.

4. Protect people with diabetes and heart disease
People with certain chronic conditions are at high risk of getting very sick from flu, including being hospitalized or even dying. Getting a flu vaccine reduces the risk of giving the flu to people with asthma, diabetes, heart disease, cancer, HIV/AIDS, and sickle cell anemia.

5. Save time
Getting a flu vaccine can prevent you from getting sick with flu. Staying healthy means you can be there for your loved ones who depend on you.
6. Reduce severity of illness
You may still get the flu if you get a flu vaccine, but you won’t get as sick.

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Families Fighting Flu Updates

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

Check out our suite of social media graphics [here](#)! Immediately download any of our graphics for use on Instagram, Twitter, Facebook, and LinkedIn.

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.
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.

We have new materials available for this flu season! Visit our website to view our new educational materials and get digital downloads and/or place an order for print copies today!
Support Families Fighting Flu
When you shop at smile.amazon.com, Amazon donates.
Go to smile.amazon.com