

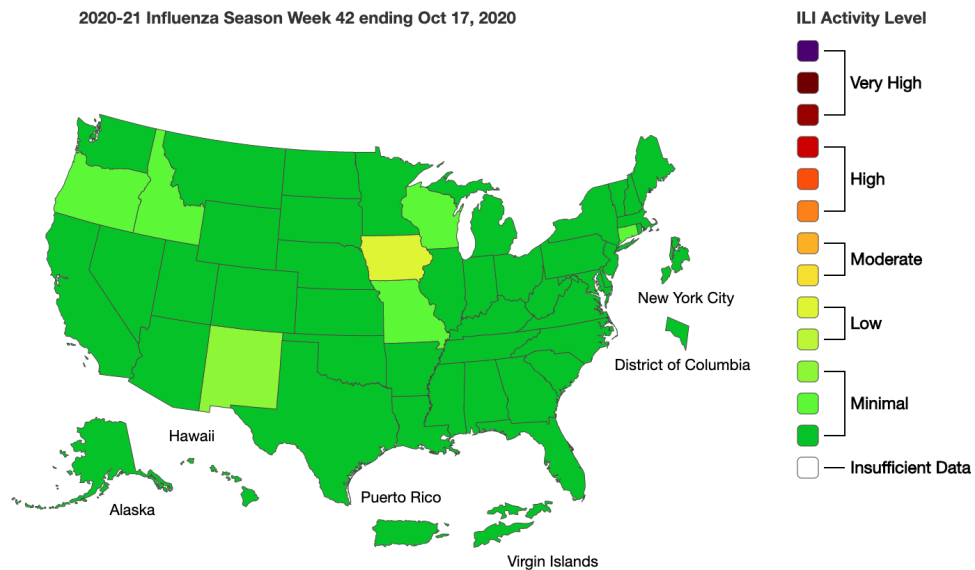


Weekly Flu News



CDC: Weekly Influenza Surveillance Report - Week 42, ending October 17, 2020; [Centers for Disease Control and Prevention](#)

- 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%.
- 7.6% of deaths were attributed to pneumonia, influenza, or COVID-19.
- Two additional pediatric deaths have been reported to the CDC for the 2019-2020 flu season for a total of 194 pediatric deaths. No pediatric deaths have been reported for the 2020-2021 season.





Experts: Don't count on mild flu season amid COVID-19; [CIDRAP](#)

The Southern Hemisphere had a very light flu season in 2020, with Australia seeing only 315 cases over its winter, down 99.8% from the 130,000 cases seen in most years. But flu experts say that, while the low numbers could portend a similar scenario in the Northern Hemisphere, it would be a foolish not to prepare for high caseloads this winter. In the United States, with no coordinated national response to the coronavirus, high rates of noncompliance with physical distancing, low rates of annual flu vaccine uptake, and many states reporting alarming COVID-19 case surges—in contrast to countries with stringent lockdowns and higher flu vaccine uptake—there may be no flu reprieve, experts say.



Vaccination Coverage by Age 24 Months Among Children Born in 2016 and 2017; [CDC MMWR](#)

National vaccination coverage by age 24 months remained stable and high, with over 90 percent of children in this age range receiving the recommended vaccines that prevent measles, mumps, and rubella (MMR), polio, hepatitis B and varicella. However, flu vaccination rates are still suboptimal. Coverage with two doses of flu vaccine by age 24 months was higher for children born during 2016-2017 (58.1%) compared to those born during 2014-2015 (53.8%), but was the lowest among all vaccines studied.



Symptoms of Common Cold, Flu, and COVID-19 [Insights on Influenza](#)

As we enter the fall and winter, common colds and the flu are expected to spread. Now, during the COVID-19 pandemic, there is a third virus that can make people sick. The symptoms of these three illnesses can overlap, making it confusing to know which virus is making you sick. In this blog post, we break down the difference between influenza (flu), the common cold, and COVID-19 to identify which symptoms are most likely to occur, and how severely, for each illness.



Before you get a flu shot, get good sleep to increase its effectiveness, experts say; [CNN](#)

Insufficient sleep in the week before getting a flu shot can lead to the production of less than 50% of the normal antibody response -- a reaction that would render the flu shot largely ineffective. A 2020 study in the International Journal of Behavioral Medicine supports those findings, suggesting that sleep on nights prior to vaccination could be critical to vaccine efficacy.



More Colleges Require Flu Shots of Students and Employees; [Wall Street Journal](#)

More colleges are requiring students, faculty and employees to provide proof they received a flu vaccine as schools try to reduce the chances of a flu outbreak in the midst of the coronavirus pandemic. It isn't uncommon for colleges to require incoming students to be vaccinated against certain diseases. In a sample of 86 colleges and universities, about 14% are requiring flu shots, according to preliminary data from the American College Health Association.

Families Fighting Flu Updates

Symptom Survey

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

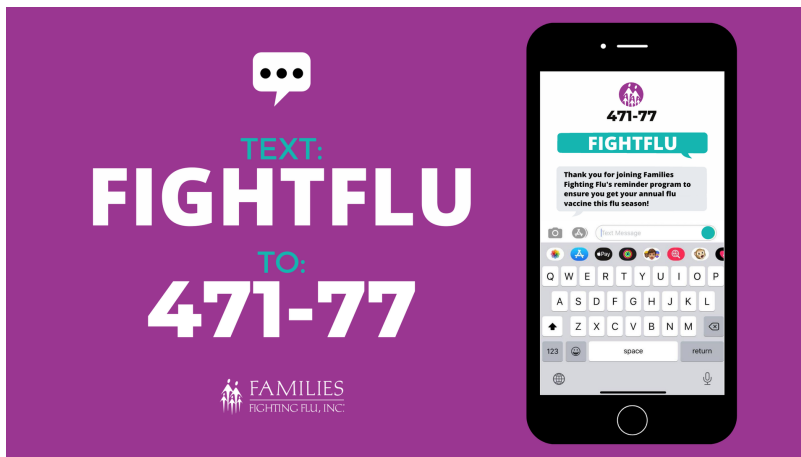
- which symptoms you consider most important
- what a meaningful improvement looks like
- what recovery means to you and your family

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!



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