Laboratory confirmed flu activity as reported by clinical laboratories is low.
- 0.21% of specimens from clinical laboratories tested positive for influenza this week.
- 1.1% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.
- 7.0% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No pediatric deaths have been reported to the CDC during the 2020-2021 flu season. 189 pediatric deaths were reported during the 2019-2020 flu season.
Could The Live Flu Vaccine Help You Fight Off COVID-19; NPR

In case you were still procrastinating getting a flu shot this year, here's another reason to make it a priority. There's a chance the live nasal spray vaccine could offer some protection against COVID-19 itself, says virologist Robert Gallo. Live vaccines, like other vaccines, work through antibodies, but they likely do something else, as well. They supercharge our body's front-line defenders — the cells that first recognize an invader and try to clear it out before the infection gets out of control. Now the big question is: Will live vaccines help a person clear out the coronavirus from their body before they get sick or before the infection becomes severe?

FDA grants emergency clearance for GenMark test that screens for the flu, coronavirus and other viruses; CNBC

California-based lab test manufacturer GenMark Diagnostics announced Thursday that the Food and Drug Administration granted emergency authorization for its rapid molecular test that can distinguish between more than 20 different viruses and bacteria, including the coronavirus. Flu and Covid-19 patients typically develop similar symptoms early on in the virus, which could make it difficult this flu season for doctors and nurses to diagnose patients and pursue the best treatment. Tests like GenMark's that are able to simultaneously screen for the flu, the
coronavirus and other pathogens could be crucial to helping hospitals effectively treat Covid-19 and influenza patients this winter.

Swine Flu Vs. COVID-19: Here's How the Two Pandemics Compare, According to Experts; Health

Swine flu and COVID-19 have been repeatedly compared in the past few months, given that they're both pandemics that sparked major panic across the world and in the US.

Swine flu was detected first in the US and then spread across the country and eventually the world, and it contained a blend of flu genes that hadn't been previously seen in animals or people. Now, swine flu is just another seasonal influenza strain and the annual flu vaccine protects against it. But comparing COVID-19 cases to swine flu cases is difficult, Thomas Russo, M.D. "With COVID-19, we're counting documented cases," he says. "With influenza, they're CDC estimates. They assume—which is true—that not all influenza cases will be documented." Therefore, it's not necessarily comparing apples to apples, Dr. Russo says.

How Does a Pandemic End? Here's What We Can Learn From the 1918 Flu; Time

More than six months after the World Health Organization declared COVID-19 a pandemic, as scientific understanding of the novel coronavirus continues to evolve, one question remains decidedly unanswered. How will this pandemic come to an end? During the 1918 flu pandemic, enough people caught the virus that immunity became widespread. Social distancing was also key. Citizens were encouraged to stay healthy through campaigns promoting mask-wearing, frequent hand-washing, quarantining and isolating of patients, and the closure of schools, public spaces and non-essential businesses—all steps designed to cut off routes for the virus’ spread.
Flu and People with HIV; [HIV.gov](https://www.hiv.gov)

People with HIV are at high risk of developing serious flu-related complications, especially people who have a very low CD4 cell count or who are not taking medicine to treat HIV (called antiretroviral therapy or ART). People with HIV should receive the flu shot rather than the nasal spray. The shot does not contain live flu virus whereas the nasal spray contains flu virus that is alive but weakened. People with weakened immune systems may have a higher risk of complications from the nasal spray.

Strokes and heart attacks increase when flu-like illnesses rise; [MedicalXpress](https://www.medicalxpress.com)

A study, published Oct. 8 in the Journal of the American Heart Association, examined the relationship between the flu, heart attacks and strokes, which all occur more frequently during winter months. The study found that strokes and heart attacks increase during times of high flu-like illness rates, with a "time lag" occurring only for strokes. We found that if someone's going to have a heart attack, it's going to occur within seven days of the flu-like illness, during the acute phase. With stroke, we see an increased risk seven to 15 days after and an additional higher-risk period after 30 days.

**Families Fighting Flu Updates**

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

![Flu took their lives. Don't let it take yours. Get vaccinated.](https://www.familiesfightingflu.org)

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.
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