



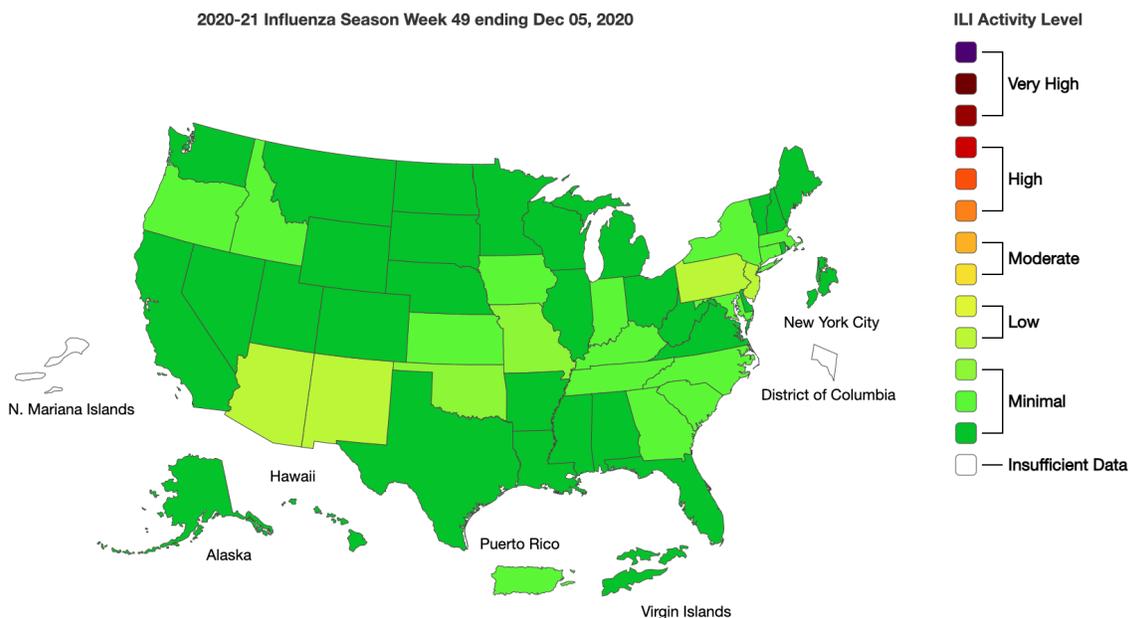
FAMILIES
FIGHTING FLU, INC.®

Weekly Flu News



CDC: Weekly Influenza Surveillance Report - Week 49, ending December 5, 2020; [Centers for Disease Control and Prevention](#)

- Seasonal influenza activity in the United States remains low.
- 0.2% of specimens from clinical laboratories tested positive for influenza this week.
- 1.6% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.
- 14.3% of deaths were attributed to pneumonia, influenza, or COVID-19.
- The first pediatric death has been reported for the 2020-2021 season.





First pediatric flu-related death reported for 2020-'21 season; [AAP News](#)

The first pediatric influenza-associated death for the 2020-'21 season has been reported to the Centers for Disease Control and Prevention (CDC), according to [Flu View](#), the CDC's weekly surveillance report. The death, attributed to the influenza B virus with no lineage determined, occurred during week 48 (ending Nov. 28). In the 2019-'20 influenza season, a record number of children died of flu. By week 49 of last season, six pediatric deaths had been reported.

As both flu and COVID-19 circulate this season, the [AAP recommends](#) that everyone 6 months and older without certain medical contraindications receive an influenza vaccine.



Study explores link between public transportation and spread of seasonal flu; [Washington Post](#)

A team at New York University found that fears about virus transmissions in public transportation systems could be exaggerated. For their analysis, the team looked at a decade's worth of data from the Centers for Disease Control and Prevention of deaths linked to flu and pneumonia in 121 cities and compared it with data on public transportation ridership from the U.S. Census Bureau. Despite widespread fears, cities with robust public transportation systems don't experience more deaths from flu or pneumonia.



Junior Board Works to Fight Flu in Honor of Loved Ones; [Insights on Influenza](#)

When families have a loved one experience a serious illness or even death related to the flu, the entire family is changed forever. But it isn't just the parents who want to make a difference, and hopefully prevent another family from having the same experience – the children do too. These sons and daughters, brothers and sisters, cousins and friends are inspired to act, and have formed the Families Fighting Flu Junior Board.



Flu Infections at Record Low Amid Covid-19 Prevention Push; [Bloomberg](#)

U.S. influenza infections are at a record low, mostly because of the use of masks, social distancing and other efforts to slow a national surge in Covid-19 cases. Still, this doesn't mean that flu won't hit this year. "It's at a historical low, but that doesn't mean it's going to stay that way," said Lynnette Brammer, head of the CDC's domestic influenza surveillance team.



How Spanish Flu Pandemic Changed Home Heat Radiators; [NPR](#)

If you've ever lived in an older building in the northern U.S., you might have had a steam radiator that was way too hot - like, so hot that you would actually throw your window wide open in the dead of winter. As it turns out, radiators that work too well are partly a result of the 1918 flu pandemic. The Fresh Air Movement called for people to be outside more and for there to be plenty of ventilation indoors. As a result, buildings sized the radiators and the boilers to heat the building on the coldest day of the year with the windows open.

Families Fighting Flu Updates

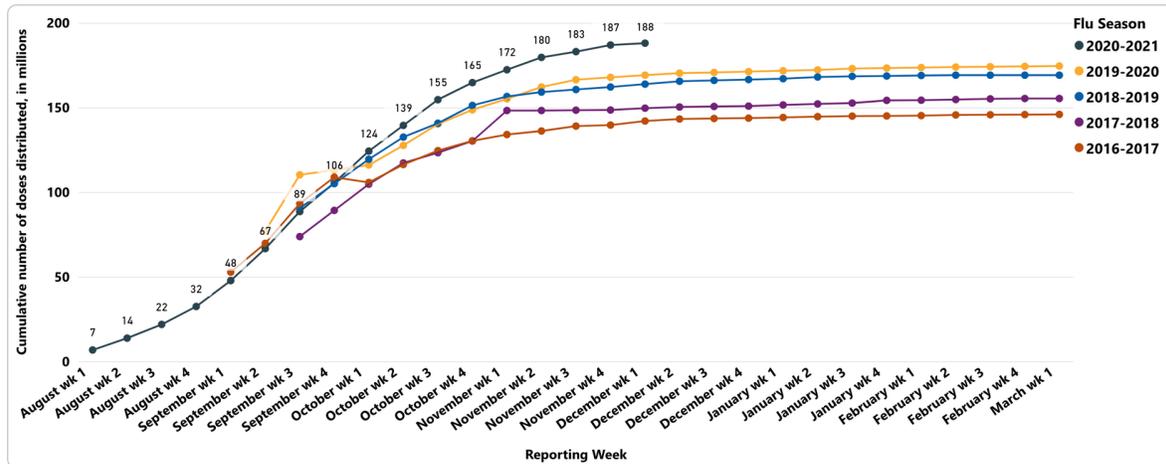
National Flu Vaccination Dashboard

CDC's Immunization Services Division (ISD) has developed this new Weekly National Influenza Vaccination Dashboard.

Key Points:

- As of November 27, 2020, 188 million doses of flu vaccine have been distributed in the United States. This is the highest number of flu doses distributed in the United States during a single influenza season.
- Coverage among children is estimated to be 48.1% as of the week ending November 28, 2020 (MMWR week 48), which is similar to the 48.4% coverage estimated during the same week in 2019.
- Coverage among Black, non-Hispanic children is 33.3%, which is 11 percentage points less than the same time last year. Current season coverage is similar to prior season coverage for Hispanic (47.1% vs. 48.3%) and White, non-Hispanic children (50.9% vs. 49.4%).

- Coverage among White, non-Hispanic children is 18 percentage points higher than among Black, non-Hispanic children and 4 percentage points higher than among Hispanic children.
- An estimated 44.5 million adult flu vaccinations have been administered in pharmacies compared with 30.4 million at the same time during 2019 (46% higher in 2020).



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.

LA GRIPE EN LOS NEGOCIOS



En los EE. UU., la gripe causa hasta

810,000 hospitalizaciones al año

Eso es más que la población de Seattle.



Visit our website to view and download our new [Spanish educational materials](#) today!

La gripe puede ser peligrosa en los niños.

La mejor manera de proteger a su hijo de esta grave enfermedad es vacunándolo contra la gripe todos los años.

Señales de advertencia de síntomas gripales en niños

Si su hijo contrae gripe, su estado puede deteriorarse fácilmente en cuestión de horas. Esté atento a cualquiera de los siguientes síntomas críticos, ya que podría ser un signo de que su hijo está enfermo.

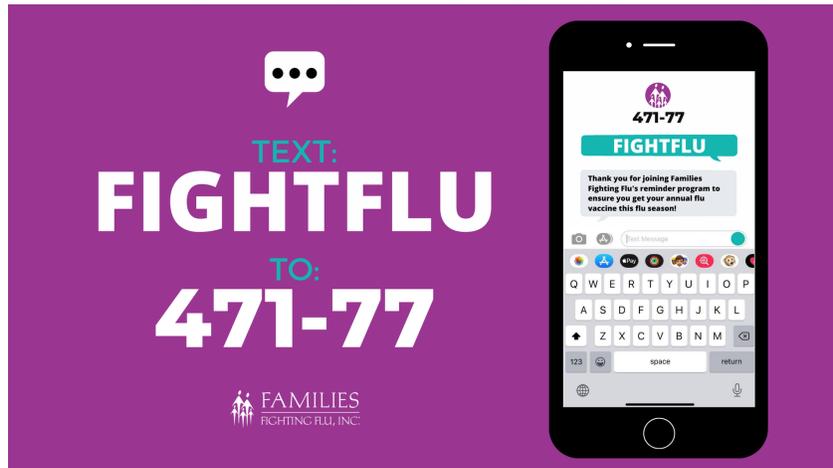
- Deshidratación (pasa 8 horas sin orinar, tiene la boca seca, llora sin lágrimas).
- Fiebre o tos que mejoran pero luego reaparecen o empeoran.
- Empeoramiento de afecciones médicas crónicas.
- Respiración rápida o dificultad para respirar.
- Rostro o labios azulados.
- Costillas que se contraen al respirar.
- Dolor de pecho.
- Dolor muscular intenso (el niño se niega a caminar).
- Falta de actividad o interacción cuando está despierto.
- Convulsiones.
- Fiebre superior a 104 °F.

Además de los signos mencionados en los niños, solicite asistencia médica de inmediato si un **bebé** presenta lo siguiente:

- Dificultad para respirar.
- Cantidad significativamente menor de pañales mojados que lo normal.
- En niños menores de 12 semanas, fiebre de cualquier tipo.
- Incapacidad para comer.

Si su hijo presenta alguno de estos síntomas, solicite atención médica de inmediato.

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.

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

{{Organization Name}}

{{Organization Address}}

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