

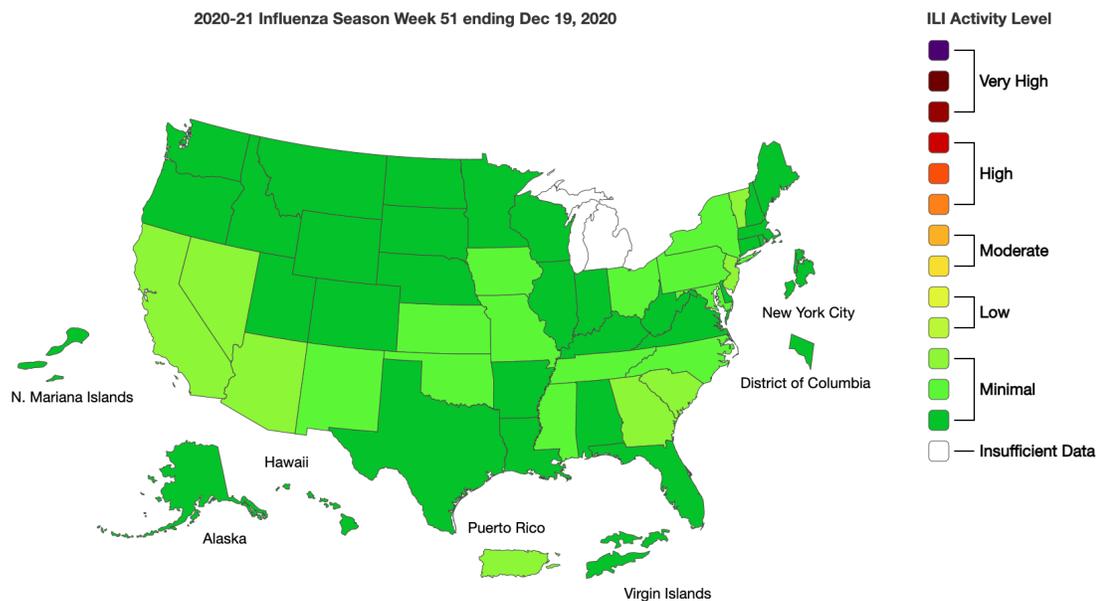


Weekly Flu News



CDC: Weekly Influenza Surveillance Report - Week 50, ending December 12, 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.
- 1.5% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.
- 13.0% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No influenza-associated pediatric deaths were reported to CDC during week 50. A total of one influenza-associated pediatric death occurring during the 2020-2021 season has been reported to CDC.





Why Flu Cases are Down During a Massive Pandemic; [Healthline](#)

Flu activity remains surprisingly low this year, largely in part to the safety precautions in place to prevent COVID-19. Furthermore, more flu vaccines have been shipped out this year than ever before, and overall flu vaccination rates are strong. Over 188 million doses of flu vaccine have been distributed so far this year. That's a sharp increase from the 169 million doses that had been sent out at this time last year, and 163 million doses that were distributed at this point in 2018. Even though flu activity is low and overall vaccination rates are strong, the flu is still out there and could surge at any moment.



It's not too late for a flu shot – even if you also get the COVID-19 vaccine; [ABC News](#)

The COVID-19 pandemic has taken center stage in 2020, but medical experts want to remind Americans to get their yearly flu shots this winter season. The U.S. is on track to get Americans vaccinated against COVID-19 by a tiered system that first prioritizes our nation's front-line health care workers and residents of nursing homes, with a plan to eventually vaccinate any American who wants one by spring 2021. Given the low side effect profiles, if you're only able to take one day off of work, and you won't be able to realistically stagger your flu shot and your COVID-19 shot, doctors say there is nothing inherently unsafe about getting both at the same time. This is because the side effects are well-understood.



How You Can Make a Difference This Flu Season; [Insights on Influenza](#)

Families Fighting Flu was founded by families whose loved ones have suffered serious medical complications or died from influenza. We share our personal stories because we want everyone to understand that flu is unpredictable and potentially deadly, but can be prevented through annual flu vaccination.



How Do I Know If I Should Take My Child to the Hospital for the Flu?; [Healthline](#)

With COVID-19 affecting many people, especially older adults, it's even more important to understand when to take your child to the hospital for serious flu-like symptoms and when you can ride it out at home.

- Go to the emergency room or call 911 if your child has any of these flu complication signs and symptoms:
- shortness of breath
- difficulty breathing
- blue lips
- excessive vomiting
- dehydration (decreased urination, sunken eyes, dry lips)
- stiff neck
- severe lethargy
- nonresponsiveness
- seizures or convulsions

In newborns, severe flu symptoms might look a bit different:

- difficulty breathing
- fast breathing
- blue-tinged skin
- refusing to feed
- dehydration (crying without tears, dry lips, sunken spot on head, diaper hasn't been wet for more than 8 hours)
- acting unresponsive, limp, or "floppy"
- febrile (fever) seizures
- bulging soft spot (fontanel) on baby's head



One-shot flu shot; [MIT Technology Review](#)

Each year, the flu vaccine has to be redesigned to account for new mutations. Researchers at MIT and the Ragon Institute of MIT, Mass. General, and Harvard are hoping for a better way. In studies of mice with humanized immune

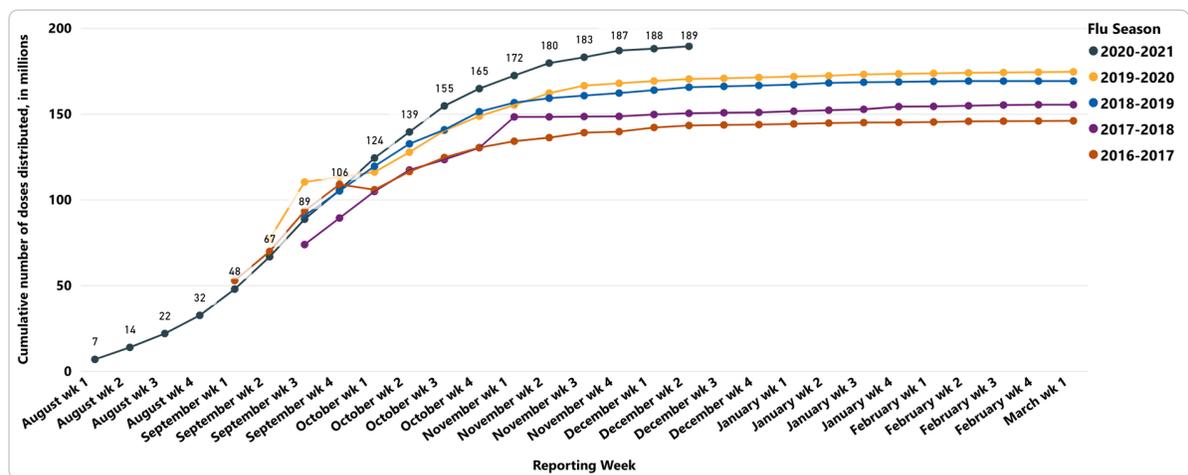
systems, the researchers showed that their vaccine elicits an antibody response to the protein stem, raising possibilities that could finally end the arms race between vaccine designers and the ever-changing virus. By targeting a different part of the viral protein, a new type of vaccine could protect against influenza year after year.



National Flu Vaccination Dashboard; [Weekly National Influenza Vaccination Dashboard](#).

Key Points:

- As of December 4, 2020, 189.4 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.
- Current flu [vaccination coverage among children](#) is estimated to be 51.6% as of the week ending December 5, 2020 (MMWR week 49), which is similar to the 51.2% coverage estimated during the same week in 2019.
- Current season [coverage among Black, non-Hispanic children](#) is 35.8%, which is 9 percentage points less than the same time last year (44.6%). Current season coverage is similar to prior season coverage for Hispanic (49.6% vs. 49.0%), White, non-Hispanic (55.9% vs. 53.3%), and Other, non-Hispanic children (57.0% vs. 54.1%).
- For the current season, [coverage among White, non-Hispanic children](#) is 20 percentage points higher than among Black, non-Hispanic children and 6 percentage points higher than among Hispanic children.



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.

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.

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}}

{{Organization Phone}}

{{Organization Website}}

{{Unsubscribe}}



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