



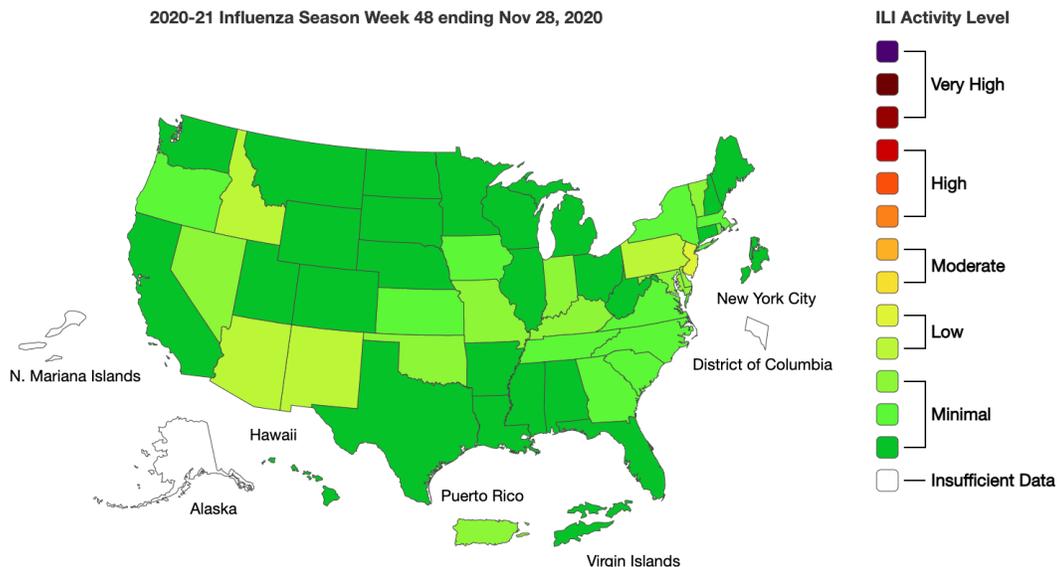
FAMILIES
FIGHTING FLU, INC.®

Weekly Flu News



CDC: Weekly Influenza Surveillance Report - Week 48, ending November 28, 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.
- 1.6% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.
- 12.8% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No pediatric deaths have been reported for the 2020-2021 season. A total of 195 children died during the 2019-2020 season.





FDA Authorizes First COVID-19 and Flu Combination Test for use with home-collected samples; [**FDA**](#)

The U.S. Food and Drug Administration authorized the first diagnostic test for at home collection of patient samples to detect both COVID-19 and influenza A and B. Under a health care provider's order, patients can collect a sample at home and ship it to a Quest Diagnostics laboratory for analysis following the instructions included with the self-collection kit.



More Than a Third of Americans Still Do Not Plan to Get a Flu Shot This Season; [**NORC**](#)

As America heads deeper into flu season, new survey data show only half (49 percent) of Americans have been vaccinated as of early November. And more than one-third of adults (35 percent) do not intend to get a flu shot this season. These survey findings come from a new NORC Spotlight on Health powered by AmeriSpeak®. Thirty-five percent of respondents said they were more likely to get a flu vaccine this year because of the COVID-19 pandemic, while 11 percent said they were less likely.



What Is Community Immunity?; [**Insights on Influenza**](#)

Community immunity, sometimes called herd immunity, has been in the news lately in talks about COVID-19. There is confusion about the term and what it really means. When enough people are vaccinated against seasonal flu viruses that are circulating in a community, the community's collective protection makes it less likely that others will contract influenza.



The Baltimore City Health Department is texting you to get a flu shot. Here's why; [Baltimore Sun](#)

Multiple health offices and groups are launching campaigns to spur people to get vaccinated. Here's why: public health officials are trying to prevent overwhelming the health care system. If someone gets the flu and is required to be hospitalized, it has the potential to take a bed away from someone battling the coronavirus. The idea is to try to stop a dual outbreak of the viruses, as the flu vaccine is likely to prevent someone from getting the flu.



U.S. pharmacies attract new flu shot customers as coronavirus surges; [Washington Post](#)

Walmart, Walgreens Boots Alliance, CVS Health and Rite Aid report that demand for flu shots at their U.S. pharmacies is up sharply — in some cases double from last year — as people try to protect themselves from influenza in the midst of a worsening covid-19 pandemic. More Americans are choosing to get vaccinated at local pharmacies than in the past, partly due to cancellation of annual “flu shot clinics” in workplaces that remain shut by the pandemic. Walmart reported increased demand from entire families seeking shots.



What vaccination rates in rural America tell us about the advent of COVID-19 vaccines; [USA Today](#)

A USA TODAY analysis of flu vaccine rates among Medicare participants shows that rural counties from West Texas to northern Nebraska to the Upper Peninsula of Michigan had some of the country's lowest vaccination rates in 2017, the most recent year with data. It's a pattern that holds true across America. The more rural the county, the lower flu vaccination rates tended to be.

Families Fighting Flu Updates

It's National Influenza Vaccination Week!

From December 6-12 we are observing National Influenza Vaccination Week (NIVW). NIVW is a call to all Americans 6 months and older to get their annual flu vaccination if they have not already. Since COVID-19 and flu could spread simultaneously this winter, this week serves to remind people that there is still time to get a flu vaccine to protect against flu illness and serious flu complications. Read more about NIVW [here](#).



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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.

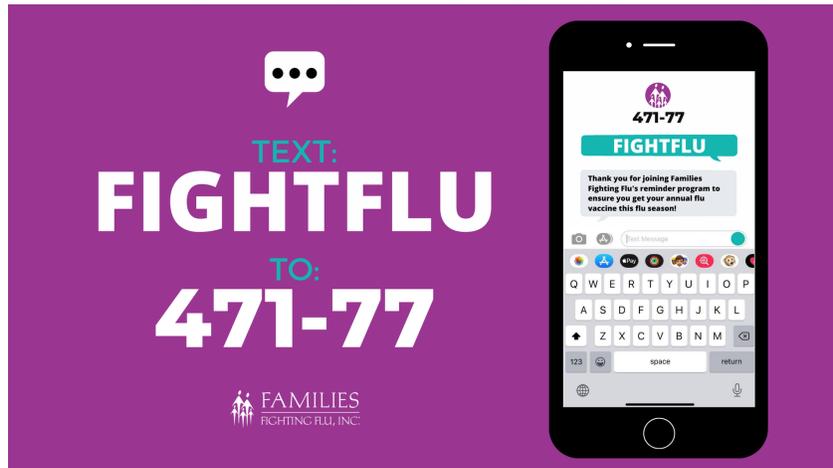
- Deshidratación (pasa 8 horas sin orinar, tiene la boca seca, llora sin lágrimas).
- Fiebre o tos que mejoran pero luego reaparecen o empeoran.
- Empeoramiento de afecciones médicas crónicas.
- Respiración rápida o dificultad para respirar.
- Rostro o labios azulados.
- Costillas que se contraen al 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}}

{{Organization Phone}}

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{{Unsubscribe}}



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