



## Weekly Flu News

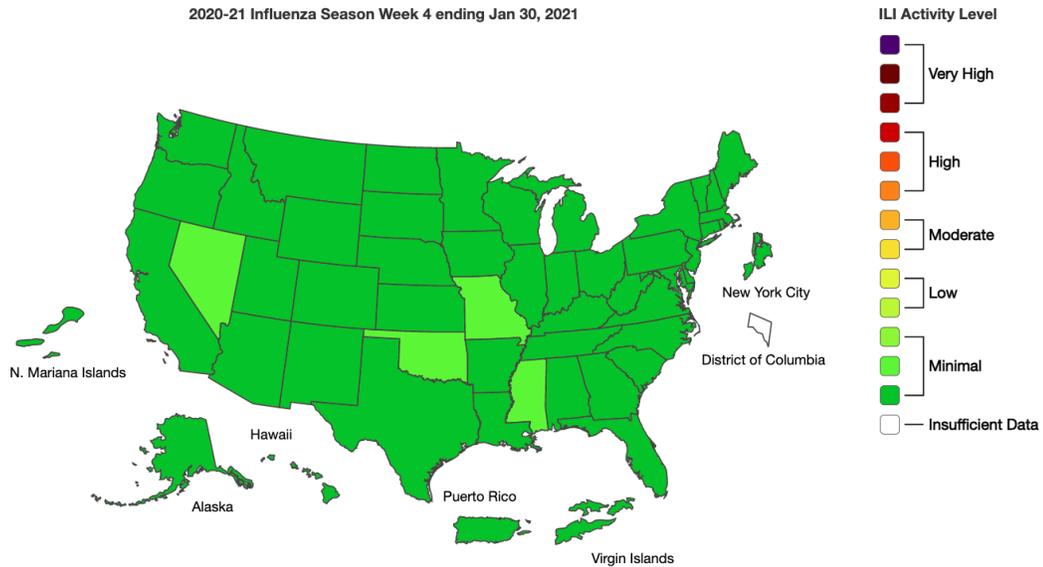
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**CDC: Weekly Influenza Surveillance Report - Week 4, ending January 30, 2021;** [Centers for Disease Control and Prevention](#)

- Seasonal influenza activity in the United States remains lower than usual for this time of year.
- 0.1% 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%.
- A total of 155 laboratory-confirmed influenza-associated hospitalizations occurring between October 1, 2020, and January 23, 2021, were reported for an overall cumulative hospitalization rate of 0.5 per 100,000 population.
- 28.4% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No influenza-associated pediatric deaths were reported to CDC during week 4. A total of one influenza-associated pediatric death occurring during the 2020-2021 season has been reported to CDC.

2020-21 Influenza Season Week 4 ending Jan 30, 2021



## What are the side effects of the flu shot? [Medical News Today](#)

Some people who receive the flu shot may experience side effects.

The side effects that most commonly occur with the injectable flu shot are local soreness, discoloration, and swelling at the injection site. Other possible side effects of the flu shot include headaches, fever, nausea, and muscle aches.

Often, these side effects are minor and temporary. Healthcare professionals recommend that those eligible for the flu vaccine get it annually.



## Intranasal influenza vaccine spurs strong immune response in Phase 1 study; [NIH](#)

An experimental single-dose, intranasal influenza vaccine was safe and produced a durable immune response when tested in a Phase 1 study published in the *Journal of Clinical Investigation*. The study authors speculate that replication-competent vector vaccines may have advantages over other types of vaccines because they can express viral proteins at higher levels and for longer durations. The vaccine platform could be highly adaptable for use against other viruses including HIV and SARS-CoV-2, according to the authors.



## **Effect of Vaccination on Preventing Influenza-Associated Hospitalizations Among Children During a Severe Season Associated with B/Victoria Viruses, 2019-2020; [Clinical Infectious Diseases](#)**

The 2019-2020 influenza season was characterized by early onset with B/Victoria followed by A (H1N1) viruses. Emergence of new B/Victoria viruses raised concerns about possible vaccine mismatch. Results show that influenza vaccination provided significant protection against laboratory-confirmed influenza-associated hospitalizations and ED visits among children, including against the emerging B/Victoria virus subclade.



## **Study Suggests Flu Vaccine Protects Against Severe COVID-19 Infection in Children; [BioSpace](#)**

Researchers from the University of Missouri School of Medicine [published their study](#) on the flu vaccine's impact on COVID-19 pediatric patients. The authors reviewed the records of 905 children who had been diagnosed with COVID-19 from February through August 2020. Those who had received the flu vaccine during flu season had better odds of being asymptomatic and avoiding respiratory issues or severe disease. The team found that children who received the seasonal flu shot were less likely to suffer symptoms from COVID-19 infection.



## **Where Did Flu Go? Viral Interference, Explained; [ZDoggMD](#)**

In this video, Dr. Zubin Damania explains a hypothesis that viral interference is one reason why influenza rates are so low during the COVID-19 pandemic.

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# Updates & Announcements

## NEW Educational Comic Books

Families Fighting Flu, in collaboration with **Sanofi Pasteur** and the **National Association for Pediatric Nurse Practitioners** is excited to announce two new flu educational materials. These comic books that feature our family stories are available for immediate download to learn about [flu in children](#) and [flu in adolescents](#).



## 2 Protects 2 Educational Program Increases Awareness of Maternal Vaccines

[2 Protects 2](#) is a collaborative educational program between Families Fighting Flu and the **Partnership for Maternal and Child Health of Northern New Jersey** aimed at increasing public awareness about the importance of influenza (flu) and pertussis (whooping cough) vaccinations for pregnant women, especially among African American and Latina populations. Download and share our educational materials and social media graphics, available in both English and Spanish!



## Social Media Graphics for Immediate Download

Looking to promote flu awareness on your social media channels? Check out our suite of social media graphics on general flu prevention, flu complications, COVID-19, and more [here](#)! Immediately download any of our graphics for use on Instagram, Twitter, Facebook, and LinkedIn.

Just three days after turning 8 years old, the flu caused Madison's heart to stop beating.

Her family wants you to know that flu is a serious illness.

 **The flu can be deadly.**  
Learn the warning signs and get vaccinated every year.




**Insights on Influenza Blog Highlights Key Information**

Our blog features a variety of flu-related topics, such as flu news & surveillance, science & research, expert commentary, and advocacy. We publish a new blog every two weeks so bookmark this [webpage](#) to stay up to date!

**FLU & COVID-19 IS SPREAD THROUGH:**

**COUGHING  
SNEEZING  
TALKING**



**#WEARAMASK**



**Families Fighting Flu's Spanish Translated Resources**

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

**LA GRIPE EN LOS NEGOCIOS**



En los EE. UU., la gripe causa hasta  
**61,000 muertes al año**  
**¡Eso es suficiente para llenar un estadio de fútbol!**



**Become a Flu Champion**

Do you want to make a difference in your community? Are you interested in flu education and advocacy? Become a [Flu Champion](#) to help inform others about the seriousness of flu and the importance of flu prevention, diagnosis, and treatment.



**Our Contact Information**

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