



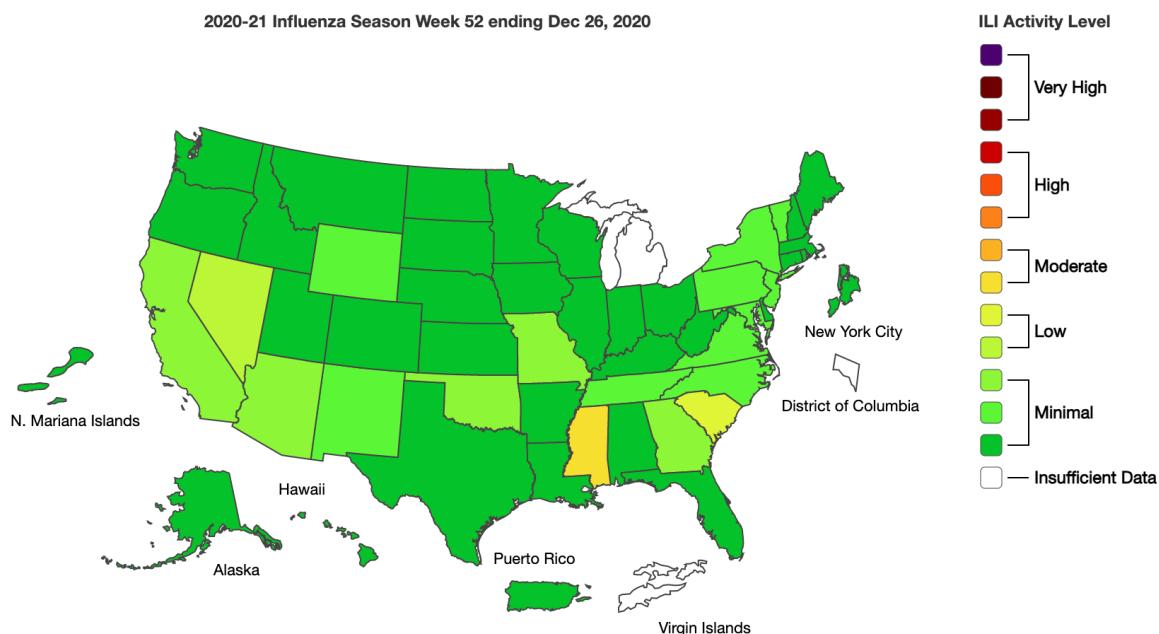
FAMILIES
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Weekly Flu News



CDC: Weekly Influenza Surveillance Report - Week 52, ending December 26, 2020; [Centers for Disease Control and Prevention](#)

- Seasonal influenza activity in the United States remains low.
- 0.3% 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%.
- 13.6% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No influenza-associated pediatric deaths were reported to CDC during week 52. A total of one influenza-associated pediatric death occurring during the 2020-2021 season has been reported to CDC.





Flu Vaccine Could Reduce COVID-19 Severity; [HCPLive.com](#)

A study comparing outcomes of patients hospitalized for COVID-19 who did or did not receive influenza vaccination prior to hospitalization was conducted to determine the relationship between COVID-19 severity and flu vaccination status. Overall, influenza vaccination received in 2020 and prior to the onset of COVID-19 pandemic was associated with 17% lower odds of mortality, and with 36% lower odd of mortality if administered after onset of clinical COVID-19 symptoms. The investigators posit that a protective effect from influenza vaccine could emerge from the resultant "trained innate immunity."



U.S. flu numbers drop dramatically; [NBC News](#)

According to the CDC, flu numbers are down 98% from past seasons. Possible explanations include:

- fewer people traveling
 - adherence to mask-wearing and social distancing
 - more Americans getting the flu shot
 - less international travel
-



Connections Between Influenza and Asthma; [Insights on Influenza](#)

Do you know the link between influenza and asthma? Read our blog post to find out how you can help improve flu outcomes for people with asthma.



What Long Flu Sufferers of the 1918-1919 Pandemic Can Tell Us About Long COVID Today; Time

A virologist at Erasmus University in Rotterdam, the Netherlands, van Riel has spent years studying how flu causes ravages beyond the respiratory tract. She has tried to capture the complex cascade of biochemical events that infection with various subtypes of the influenza A virus sets off in the body's tissues. Earlier this year, van Riel switched her attention to SARS-CoV-2, the virus that causes COVID-19, and saw that—though it behaves differently from flu—it too has effects far beyond the respiratory tract. "At least in its severe form, we should consider COVID-19 a systemic disease," she says—something that is also true of flu.



Fact check: Post falsely claims COVID-19 is another flu strain; [USA Today](#)

A viral post incorrectly claims that Robert Oswald, a professor at Cornell University with a purported PhD in virology and immunology and clinical lab scientist, tested 1500 "supposed" COVID-19 samples in Southern California and found "not a single case of Covid" after testing them through a scanning electron microscope, and only found Influenza A and Influenza B in the samples. Oswald works at the department of molecular medicine at Cornell University's College of Veterinary Medicine and does not have a "PhD in virology," as claimed in posts. He has a doctorate in biochemistry. COVID-19 is a virus separate from influenza.

Updates & Announcements

Help Support Public Health - Make the Pledge

It's not too late to vaccinate and there's still time to pledge to get your annual flu vaccine! 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!



Promote Flu Awareness on Social Media

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.



Spanish Resources

Take advantage of our new Spanish educational materials! Visit our website to view and download our [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.

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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