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.
- 0.8% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.

Current cumulative hospitalization rate is 0.7 per 100,000 population.

- 14.6% of deaths were attributed to pneumonia, influenza, or COVID-19.

No influenza-associated pediatric deaths were reported to CDC during week 9. A total of one influenza-associated pediatric death occurring during the 2020-2021 season has been reported to CDC.

2021–2022 Influenza Season – U.S. Influenza Vaccine Composition:

- The World Health Organization (WHO) has recommended the Northern Hemisphere 2021–2022 influenza vaccine composition, and the Food and Drug Administration’s Vaccines and Related Biological Products Advisory Committee (VRBPAC) subsequently made the influenza vaccine composition recommendation for the United States. The composition of the 2021–2022 U.S. influenza vaccines includes updates to the influenza A(H1N1)pdm09 and influenza A(H3N2) components.
The 1918 flu pandemic had a long tail. MSU researcher says it holds lessons for COVID-19; FOX47News

Siddarth Chandra has spent a decade studying the 1918 flu pandemic in Michigan. The Michigan State University researcher says the past year has been like watching his work come to life. Now, he’s saying it should serve as a cautionary tale that containing the pandemic could be a longer battle than most people think. "What we found is that during the time of the pandemic, during the period 1918 to 1920 there were four distinct bumps in excess mortality," Chandra said. After seeing a surge two years after initial cases, he said, he hopes the findings can serve to remind people not to let their guard down in the modern-day pandemic.

A general influenza vaccine; EurekAlert!

One shot, protected forever: This would be a dream come true regarding influenza vaccinations. So far, vaccination against influenza did not provide a lasting protection. The reason: Influenza viruses mutate very fast. Every year, new virus strains emerge against which previous vaccinations provide no or only limited protection. To avoid having to vaccinate against the flu every year, a research network consisting of the University of Konstanz, the University of Tübingen and Technische Universität Dresden is testing an alternative vaccination method.
COVID-19 precautions shut down flu this season, but what will next winter bring?; The Seattle Times

As its name suggests, the Seattle Flu Study was designed to monitor the virus that rolls in like clockwork every fall, trailing misery in its wake. But this season — for the first time — there hasn’t been much to track. Out of the more than 17,000 specimens the team has analyzed, fewer than a dozen tested positive for influenza. Dr. Helen Chu, a study leader and UW Medicine virologist, had to cancel a study on flu treatment in homeless shelters because there was no flu. Nationwide, the Centers for Disease Control and Prevention says this has been the lowest flu season on record. Washington, which averages about 160 confirmed flu deaths a year, has recorded none.

How COVID helped bring the number of reported positive flu tests in N.J. to a screeching halt; NJ.com

New Jersey has reported far fewer positive flu test results and severe pediatric cases so far this season, and experts say coronavirus mitigation measures may be among the reasons why. So far this season, there’s been just a fraction of positive rapid flu results reported to the state Department of Health compared to the same time frame last year. Between the beginning of October 2019 and the first week of March 2020, there were over 16,600 positive rapid flu tests, according to data published by the state. This time during that same period, there’s just been 100, according to the DOH.

Multiple factors synergistically drive socioeconomic disparities in flu burden; EurekAlert!

A comprehensive modeling study sheds new light on socioeconomic-based mechanisms that drive disparities in influenza burden across the U.S. People of lower socioeconomic status experience increased burden of influenza.
Past studies have identified various factors that underlie this health inequity, including decreased flu vaccination, lack of access to paid sick leave, lack of healthcare access, increased susceptibility to infection, and different exposure patterns. However, no previous study has considered all of these factors at once.

### Updates & Announcements

**New Patient Videos Featuring Families Fighting Flu Advocates**

We're highlighting two new patient videos in our blog, *Insights on Influenza*. RoxxAnn Pena lost her two-year-old daughter, Reese, to flu and she shares how she never imagined that the flu would take her daughter. Jewel Rogers was hospitalized for over three months with flu-related complications and she shares the challenges of her ongoing recovery.

![New Patient Videos Featuring Families Fighting Flu Advocates](image)

**Ad Council Releases Toolkits for COVID-19 Vaccine Education Initiative**

These toolkits are intended to help the public health sector build confidence in the COVID-19 vaccines among the American public. They contain messaging tips, tools, and insights to help people make informed decisions for themselves and their families.

- [Public Health Toolkit](#)
- [Black Communities Toolkit](#)
- [Hispanic Communities Toolkit](#)
- [Faith Communities Toolkits](#)

**Educational Comic Books for Children and Adolescents**

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 Highlights Maternal Vaccinations for Flu and Tdap

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!
Support Families Fighting Flu
When you shop at smile.amazon.com, Amazon donates.
Go to smile.amazon.com