

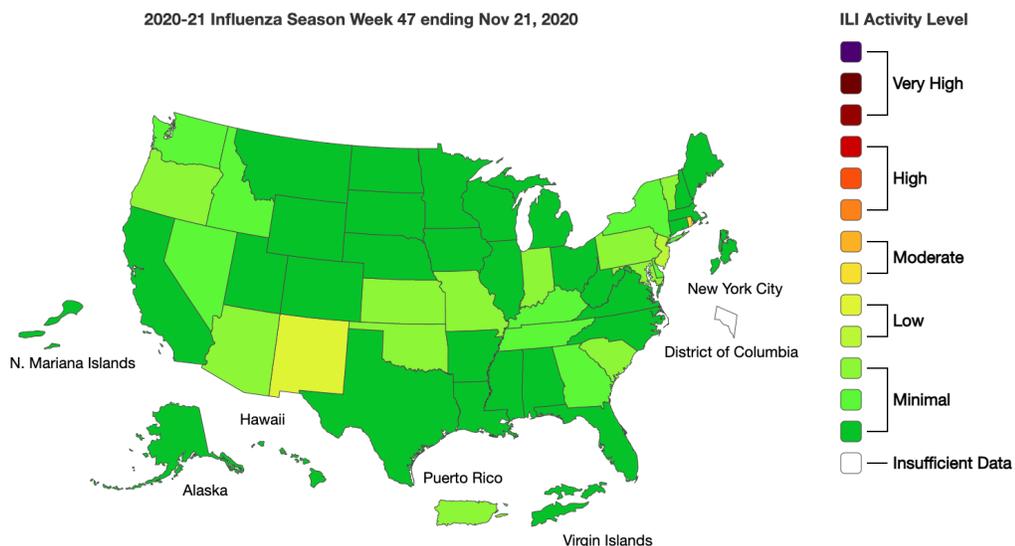


# Weekly Flu News



**CDC: Weekly Influenza Surveillance Report - Week 47, ending November 21, 2020;** [Centers for Disease Control and Prevention](#)

- Seasonal influenza activity in the United States remains low.
- 0.2% 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%.
- 11.3% 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.





## **Avian Influenza, H5N8, Spreading Rapidly In Europe, What To Do About The Bird Flu; [Forbes](#)**

Since October 16, multiple European countries, including Belgium, Denmark, France, Germany, Ireland, the Netherlands, Sweden, and the United Kingdom, have already reported outbreaks of highly pathogenic avian influenza (HPAI) viruses. So far, the risk to humans seems to be low. No humans have caught the HPAI viruses yet. Nonetheless, as the Covid-19 coronavirus pandemic has shown, viruses that previously didn't infect humans could at some point mutate to do so.

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## **A Thanksgiving Reflection: Thank You to the Scientists and Researchers; [Insights on Influenza](#)**

This Thanksgiving season, we are taking a moment to reflect and be grateful for the scientists and researchers who work hard each year to produce the best vaccine possible for the upcoming flu season. It's challenging work — the flu virus is good at constantly changing and so the researchers have to innovate to try to stay a step ahead of it.

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## **Fact check: A cold, the flu or a flu shot won't cause positive tests for novel coronavirus; [USA Today](#)**

Numerous users on social media have claimed that coronavirus tests are inaccurate and ineffective and encouraged their followers not to take or trust them. Though some symptoms of the flu and COVID-19 are similar, the viruses are distinct. The flu is caused by an influenza virus, not a coronavirus. Having contracted the flu or received a flu vaccine will not produce a positive result on a diagnostic test for the novel coronavirus.

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## **Why Asthma Puts You at Greater Risk This Flu Season; [Cleveland Clinic](#)**

Infections, like the flu, are a common asthma trigger. Maybe you have asthma that's mild and intermittent. You might think the flu isn't a big deal. But that's not the case. "Even if you only use your inhaler occasionally, you'll still have more flu complications than someone without asthma," Dr. Thiruchelvam explains. "This can be surprising to people who have mild or intermittent cases."

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## **Genentech Announces FDA Approval of Xofluza for the Prevention of Influenza Following Contact With an Infected Person; [Business Wire](#)**

The U.S. Food and Drug Administration (FDA) has approved Xofluza® (baloxavir marboxil) as a treatment to prevent influenza in people 12 years of age and older following contact with someone with influenza (known as post-exposure prophylaxis). Xofluza is the first single-dose influenza medicine approved for post-exposure prophylaxis. "The flu is a serious illness that burdens households and sickens millions across the U.S. every year," said Serese Marotta, Chief Operating Officer at Families Fighting Flu. "As we are about to enter a flu season within a global COVID-19 pandemic, we welcome Xofluza as a single-dose flu medicine to be used preventively after exposure to flu."

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# **Families Fighting Flu Updates**

## **National Influenza Vaccination Week**

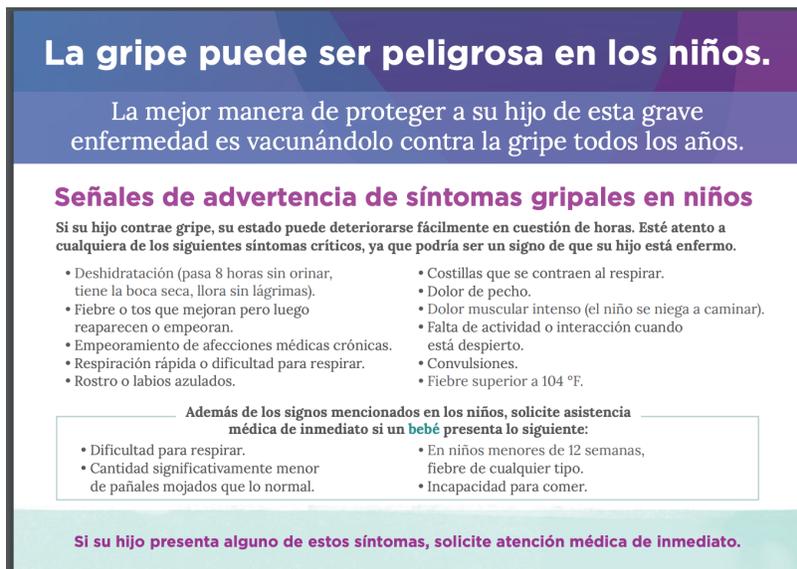
From December 6-12 we will be observing National Influenza Vaccination Week (NIVW). NIVW is a call to all Americans 6 months and older to get their annual flu vaccine if they have not already. Since COVID-19 and flu could spread simultaneously this winter, this week will serve to remind people that there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



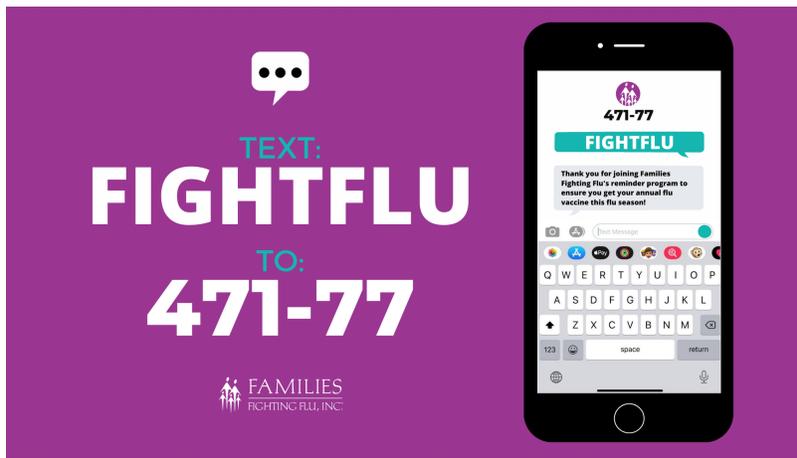
Check out our new suite of Spanish social media graphics [here!](#) Immediately download any of our graphics for use on Instagram, Twitter, Facebook, and LinkedIn.



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



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.



### 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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