



# FAMILIES

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## FIGHTING FLU, INC.®

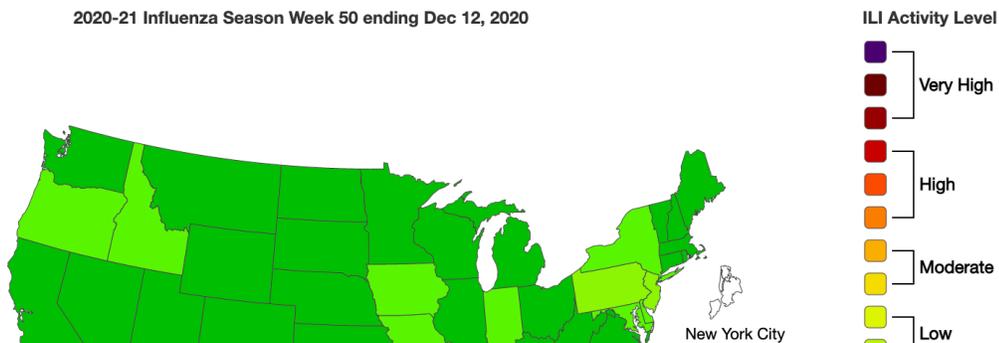
# Weekly Flu News

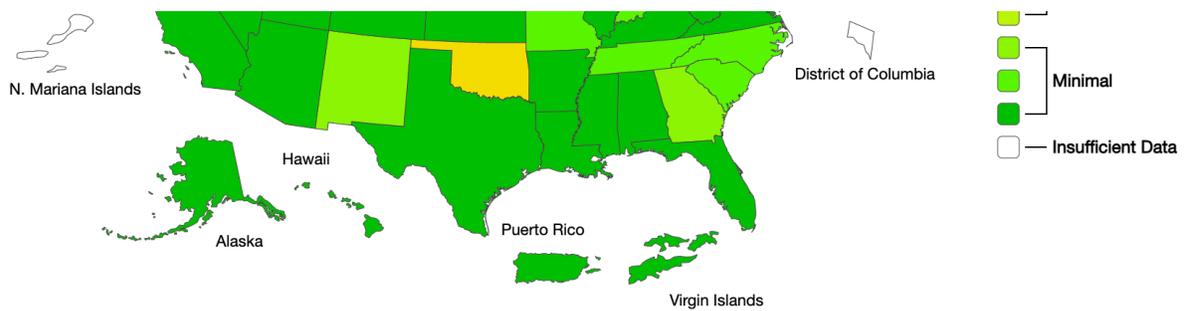


### CDC: Weekly Influenza Surveillance Report - Week 50, ending December 12, 2020; [Centers for Disease Control and Prevention](#)

- 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%.
- 13.3% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No influenza-associated pediatric deaths were reported to CDC during week 50. A total of one influenza-associated pediatric death occurring during the 2020-2021 season has been reported to CDC.

2020-21 Influenza Season Week 50 ending Dec 12, 2020





## FDA Issues Warning Over These Fake Flu Cures: What to Know; [Healthline](#)

The Food and Drug Administration (FDA) has released [a new advisory](#) warning people about fraudulent products that claim to prevent, treat, or cure the flu. Many of these products are being sold online and in retail stores and labeled as dietary supplements, nasal sprays, hand sanitizers, foods, or devices. Using fraudulent products to treat the flu could potentially have devastating consequences and put people’s lives in jeopardy. If you contract the flu, antiviral medications can be prescribed by a doctor and reduce the severity and duration of your illness.



## New Study Shows Flu Outbreaks Possible When Social Distancing Measures Relaxed; [International Journal of Infectious Diseases](#)

A recent study co-authored by CDC details an H3N2 flu outbreak in Cambodia after COVID-19 mitigation measures were relaxed. Cambodia eased some COVID-19 mitigation measures in June and July 2020. On Aug 20th a cluster of respiratory illnesses among residents of a pagoda included persons that had tested positive for influenza A, and none that were positive for SARS-CoV-2, showing that flu outbreaks may be more likely if social distancing measures are not practiced consistently. While we do not know what will happen this winter in the US, we do know that getting a flu vaccine is the best way to protect yourself and your loved ones against flu.



## **When the Holidays Aren't Happy—How To Manage Grief and Support Others; [Insights on Influenza](#)**

The most wonderful time of the year will never be as wonderful as it once was for someone who has lost a child or other loved one. I know this firsthand. I lost my sweet 2-year-old daughter, Gianna, to the flu in 2015. While the loss of a child leaves a wound that will never heal, and the grief of losing Gianna is never gone, it has slowly become more manageable.

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## **CDC's Flu Division By The Numbers; [CDC](#)**

Influenza poses one of the world's greatest infectious disease challenges. CDC programs use scientific expertise and resources to protect the United States from the continuing threat posed by seasonal influenza and pandemic influenza.

In the last 10 years, flu vaccination prevented:

- 50,900,000 illnesses
  - 719,000 hospitalizations
  - 60,000 deaths
- 



## **Innovative universal flu vaccine shows promise in first clinical test; [Science Magazine](#)**

A universal flu vaccine, effective against any strain of the influenza virus that can infect humans, could protect us from this peril, but progress has been slow. A novel concept for one universal vaccine candidate has now passed its first test in a small clinical trial. The trial was only a phase I study to establish safety and measure immune responses, which means it didn't test the ability of the vaccines to protect people from influenza. Still, when the researchers transferred human antibodies triggered by the experimental vaccines into mice and then "challenged" the rodents with the influenza virus, the mice lost far less weight than untreated mice who also were

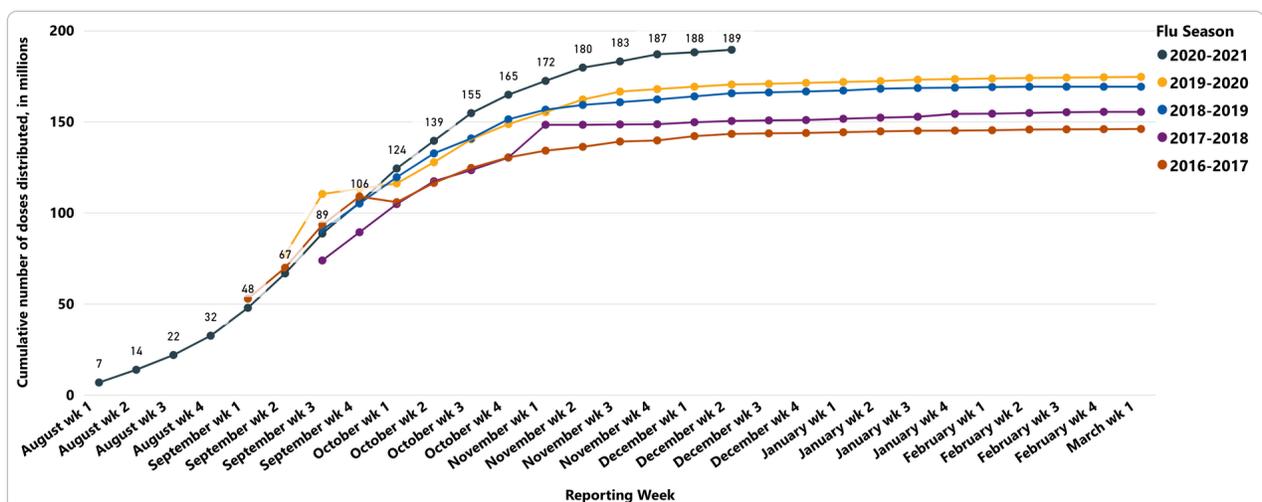
the mice lost far less weight than untreated mice who also were infected, suggesting the antibodies protected them.



## National Flu Vaccination Dashboard; [Weekly National Influenza Vaccination Dashboard](#).

### Key Points:

- As of December 4, 2020, 189.4 million [doses of flu vaccine](#) have been distributed in the United States. This is the highest number of flu doses distributed in the United States during a single influenza season.
- Current flu [vaccination coverage among children](#) is estimated to be 51.6% as of the week ending December 5, 2020 (MMWR week 49), which is similar to the 51.2% coverage estimated during the same week in 2019.
- Current season [coverage among Black, non-Hispanic children](#) is 35.8%, which is 9 percentage points less than the same time last year (44.6%). Current season coverage is similar to prior season coverage for Hispanic (49.6% vs. 49.0%), White, non-Hispanic (55.9% vs. 53.3%), and Other, non-Hispanic children (57.0% vs. 54.1%).
- For the current season, [coverage among White, non-Hispanic children](#) is 20 percentage points higher than among Black, non-Hispanic children and 6 percentage points higher than among Hispanic children.



# Families Fighting Flu Updates

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.



**LA GRIPE EN LOS NEGOCIOS**

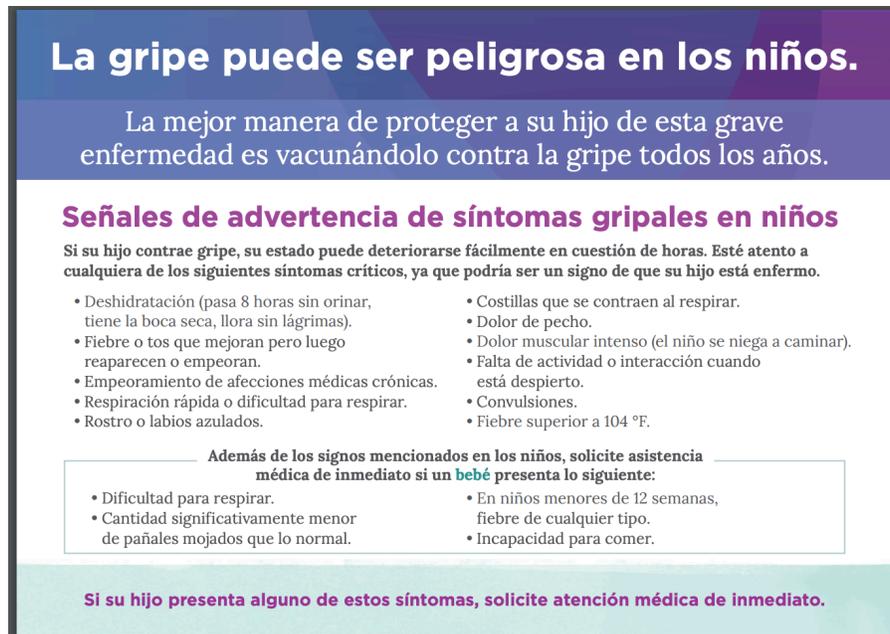


En los EE. UU., la gripe causa hasta **810,000 hospitalizaciones al año**

**Eso es más que la población de Seattle.**



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.**

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.

FIGHTING FLU, INC.

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

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