

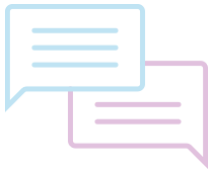


FAMILIES

FIGHTING FLU, INC.®

WEEKLY FLU NEWS

March 16, 2020



Join our new Facebook group: Flu Fighting Forum

Want to learn more about flu? Join our new group that is focused solely on flu education and advocacy: [Flu Fighting Forum](#). This group, run by Families Fighting Flu, is a place for conversations about flu prevention, burden, and activity while offering opportunities for flu education and advocacy.



CDC: Weekly U.S. Influenza Surveillance Report: Week 10, Ending Mar. 7, 2020

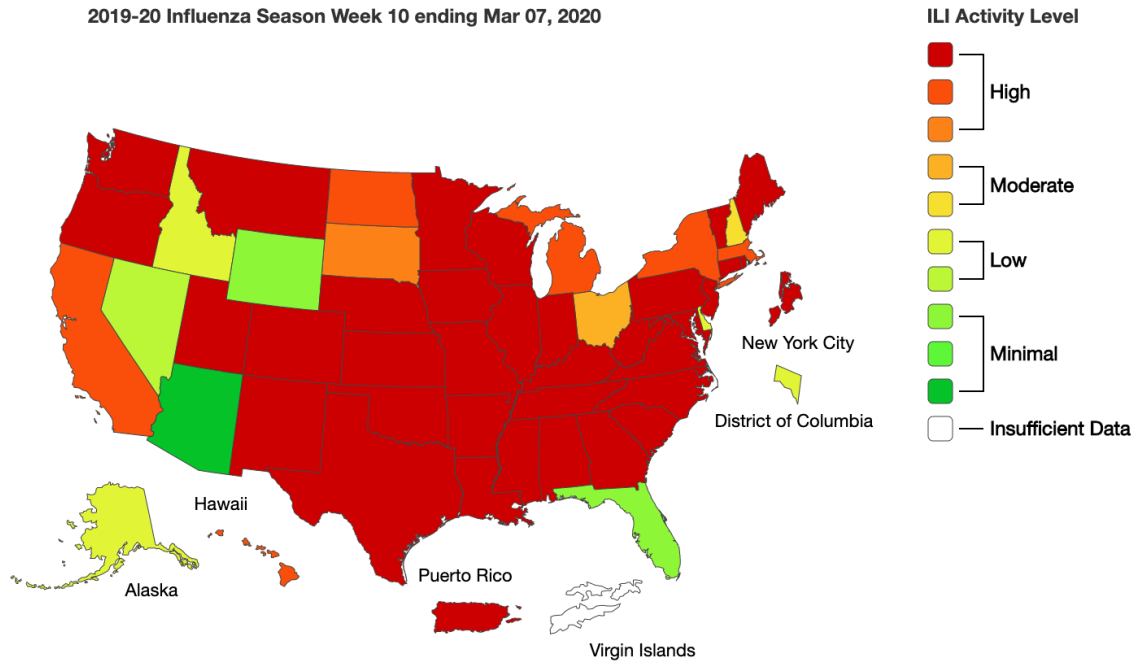
March 13, 2020; [Centers for Disease Control and Prevention](#)

- Key indicators that track flu activity remains high but decreased for the fourth week in a row; however, influenza-like illness activity increased slightly.
- 21.5% of specimens from clinical laboratories tested positive for influenza.
- Nationally, influenza A (H1N1) viruses are most common at this time. Previously, influenza B/Victoria viruses predominated nationally.
- 5.2% of visits to a health care provider were for influenza-like illness. All 10 regions remain above their baselines.
- The overall hospitalization rate is 61.6 per 100,000, which is similar to past seasons at this time.
- 7.1% of deaths were attributed to pneumonia and influenza, which is below the epidemic threshold.
- Eight new pediatric flu deaths were reported for the 2019-2020 season during week 10. The total for the season is 144.

Week Ending Mar 07, 2020 - Week 10



2019-20 Influenza Season Week 10 ending Mar 07, 2020



2019-2020 U.S. Flu Season: Preliminary Burden Estimates

March 13, 2020; [CDC](#)

CDC estimates that, from October 1, 2019, through March 7, 2020, there have been:

- 36 - 51 million flu illnesses
- 17 - 24 million flu medical visits
- 370,000 - 670,000 flu hospitalizations
- 22,000 - 55,000 flu deaths



A Potential Universal Flu Vaccine Just Passed an Important Clinical Trial

Mar. 11, 2020; [Science Alert](#)

There may be hope yet for a universal flu vaccine - one powerful dose of immunization that can provide long-lasting protection for multiple influenza strains, all in a single shot.

A discovery like that would be a holy grail for public health, and after more than a decade of careful research, a specific version called FLU-v is now moving into the last rounds of clinical testing.

So far, researchers say the results have been "very encouraging", and the vaccine has successfully passed phase I and phase II clinical trials. Although trials in these phases are limited to assessing the safety of the vaccine, there's also evidence it might be effective.

In the latest round of randomised, double-blind, placebo-controlled trials, the jab was found to promote antibody responses and immune system changes among 175 healthy adult participants.



Attitudes of Nursing Home Staff Towards Influenza Vaccination

Mar. 12, 2020; [International Journal of Environmental Research and Public Health](#)

In nursing homes, vaccination for both residents and staff is the best preventive strategy. However, professionals' immunization rates are far from reaching the international recommended values. A new study published in the International Journal of Environmental Research and Public Health aims to describe the adherence and attitudes of nursing home staff towards flu vaccination and to explore staff hesitancy.

Only 24.8% of interviewees appeared trustful towards the efficacy of receiving immunization and 34% declared safety issues. Insights from the study can support the implementation of effective interventions to improve vaccination adherence in nursing homes.



Brazil's elderly and health workers first to get flu vaccine

Mar. 10, 2020; [Outbreak News Today](#)

In the midst of the coronavirus pandemic, the southern hemisphere is preparing for the start of its flu season.

Brazil's Ministry of Health reversed the order of the target audience of the National Influenza Vaccination Campaign. First, the elderly and health workers, who work at the forefront of service to the population, will be vaccinated.

The decision of the portfolio is yet another measure of protection for these audiences, especially for the elderly, since the vaccine is a protection for the most common respiratory diseases, which depending on the severity can lead to death. The first phase of the campaign begins on March 23, throughout Brazil.

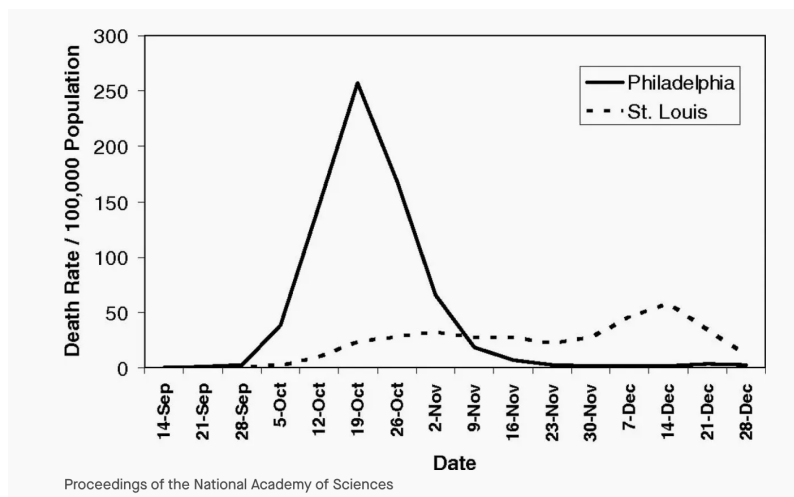


This chart of the 1918 Spanish flu shows why social distancing works

Mar. 11, 2020; [Quartz](#)

In 1918, the city of Philadelphia threw a parade that killed thousands of people. Three days later, every bed in Philadelphia's 31 hospitals was filled with sick and dying patients, infected by the Spanish flu.

A different story played out in St. Louis, just 900 miles away. Within two days of detecting its first cases among civilians, the city closed schools, playgrounds, libraries, courtrooms, and even churches. Work shifts were staggered and streetcar ridership was strictly limited. Public gatherings of more than 20 people were banned.



The extreme measures—now known as social distancing, which is being called for by global health agencies to mitigate the spread of the novel coronavirus—kept per capita flu-related deaths in St. Louis to less than half of those in Philadelphia. The concept of “flattening the curve” is now a textbook public health response to epidemics, including the spread of Covid-19. Once a virus can no longer be contained, the goal is to slow its spread.



A look back at swine flu: 8 facts about the world's last pandemic in 2009

Mar. 12, 2020; [Becker's Hospital Review](#)

The World Health Organization on March 11 declared the COVID-19 outbreak a pandemic, the first such declaration in 11 years.

Here's a look back on the 2009 swine flu pandemic with eight key facts from the CDC:

1. The flu strain responsible for the outbreak — influenza A (H1N1)pdm09 — was first detected in America in April 2009.
 2. The strain represented a unique combination of influenza viruses never before seen in humans or animals.
 3. The virus quickly spread globally, primarily affecting children and adults under 65 who lacked immunity to H1N1.
 4. The WHO declared the swine flu outbreak a pandemic on June 11, 2009.
 5. Between April 12, 2009, and April 10, 2010, the CDC estimates swine flu caused 60.8 million illnesses, 273,304 hospitalizations and 12,469 deaths in the U.S.
 6. On Oct. 5, 2009, the U.S. began administering a newly approved H1N1 vaccine to select Americans, with vaccination coverage expanding nationwide by that December.
 7. WHO declared an end to the pandemic on Aug. 10, 2010.
 8. Globally, an estimated 151,700 to 575,400 people died from swine flu in the first year of the pandemic.
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