



Weekly Flu News



This Might Be Your Most Important Flu Shot Ever; [CNN](#)

In a typical year, less than half of Americans get the flu vaccine. Rates in the United Kingdom are comparable, where just 44.9% of registered patients ages 6 months to 64 years old got a flu vaccination during the 2018-2019 season. Influenza is a deadly disease on its own that killed at least 24,000 Americans last year. With the COVID-19 pandemic spreading rapidly around the globe, distributing the flu vaccine takes on new urgency to keep flu out of hospitals to help ensure that medical resources do not reach capacity.



A Doctor Explains What To Know About This Year's Flu Shot; [Bustle](#)

Most of the flu vaccines available this year are quadrivalent, meaning that it targets four separate strains of flu. Each quadrivalent vaccine protects against two A-types of flu and two B-types. Getting the flu shot isn't a 100% guarantee that you won't get the flu, but research shows that it reduces the likelihood of severe symptoms by 40 to 60%, making it a good investment for your health. Flu vaccination also helps prevent against serious complications from flu such as hospitalization and death.



No Increased Risk of Autism Found Due to Maternal Flu Vaccination During Pregnancy; [SciTechDaily](#)

A large study by researchers at Karolinska Institutet in Sweden, published in the journal *Annals of Internal Medicine*, shows that influenza vaccination is safe during pregnancy at any trimester. The lead author states, "Vaccination research has never been more important. Anticipating a vaccine against COVID-19, millions of pregnant women are likely to be offered such a vaccination. While our research group did not study COVID-19 vaccine effects, our research on H1N1 vaccination adds to the current knowledge about vaccines, pregnancy, and offspring disease in general."



Early flu shot crucial this fall to avert 'twindemic,' doctors say; [Boston Globe](#)

Signs offering flu shots start popping up in area pharmacies before Labor Day. But does protection from a vaccine taken in the golden days of September fade before the end of flu season next spring? Because it takes your body up to two weeks to produce immunity to the flu after receiving a vaccine, it's best to get vaccinated early in the season. "We use seat belts and we insure our houses against fire." Not every house burns down and not every car has an accident, but it is done as insurance against the actual event," says Dr. Peter Palese, a professor at the Icahn School of Medicine at Mount Sinai.



AAP: Flu vaccination more important than ever as flu and SARS-CoV-2 co-exist; [American Academy of Pediatrics](#)

Families Fighting Flu medical advisor Dr. Flor Munoz authored the most recent policy recommendations for influenza prevention and control in children. These recommendations include:

- All children ages 6 months and older should receive an annual flu vaccine
- Children ages 2 and above can receive the nasal spray flu vaccine

- Antiviral use in children is appropriate to help reduce the need for hospitalization and even death
- Children 6 months through 8 years who are receiving an influenza vaccine for the first time need two doses of vaccine

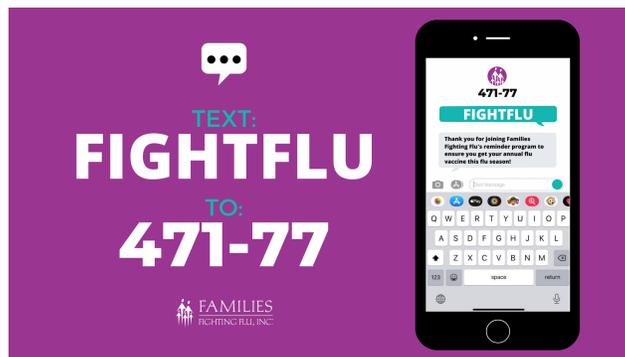


How Effective is the Flu Vaccine?; [WebMD](#)

There's no single flu virus. It comes in several strains, and those strains have different subtypes that can mutate. That's why creating an effective flu vaccine is so difficult, because it's not just a vaccine for one virus that doesn't change. However, a vaccine with low effectiveness can still be beneficial. Numerous studies have shown that the vaccine cuts your risk of having to go to the hospital -- and if you are hospitalized, you're much less likely to be admitted to the intensive care unit.

Families Fighting Flu Updates

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.



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.

We have new materials available for this flu season! Visit our website to view our [new educational materials](#) and get digital downloads and/or place an order for print copies today!



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