‘The 1918 flu is still with us’: The deadliest pandemic ever is still causing problems today; 
Washington Post

In 1918, a novel strand of influenza killed more people than the 14th century’s Black Plague. At least 50 million people died worldwide because of that H1N1 influenza outbreak. But the strand of the flu didn’t just disappear. The influenza virus continuously mutated, passing through humans, pigs and other mammals. The pandemic-level virus morphed into just another seasonal flu, and now descendants of the 1918 H1N1 virus make up the influenza viruses we’re fighting today.

Flu Season and Covid-19 Are About to Collide. Now What?; Wired

The overlap of the influenza season and the coronavirus pandemic could overwhelm the US health care system if people don’t get their annual flu vaccine and the incidence of flu is high. Planners are worried about renewed pressure on hospital beds and protective equipment, and less visible pressure on laboratories, which have to use the same machinery and supplies to analyze diagnostic tests for both Covid-19 and flu. A flu vaccine won’t prevent Covid-19, of course, but it will reduce the number of people coming into hospitals with flu illnesses that require the same resources as COVID-19.
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."

The time has come for all schools to require the flu shot; CNN

This year, as the Covid-19 pandemic drags on, the flu season rapidly approaches and schools scramble to ensure safe learning environments, we need children of all ages in all states across the country to get the flu shot. Not only is every child who has to be hospitalized one child too many; our already strained health care system, school system and communities will not be able to accommodate both the flu and Covid-19.

CDC Study Finds Sudden, Serious Cardiac Events Common in Adults Hospitalized with Flu; CDC

A CDC study that looked at more than 80,000 U.S. adults hospitalized with flu over eight flu seasons found that sudden, serious heart complications were common and occurred in one out of every eight patients (~12% of patients). The most common acute cardiac events reported in the study were acute heart failure and acute ischemic heart disease. People with heart disease should not receive the nasal spray flu vaccine, but can receive any intramuscular flu vaccine.
When's The Best Time To Get A Flu Shot During The COVID-19 Pandemic?; HuffPost

While social distancing, wearing a mask, and washing your hands are the best strategies for slowing the spread of COVID-19, annual flu vaccination greatly reduces your risk of flu infection. The Centers for Disease Control and Prevention recommends getting a flu shot in September or October. Additionally, kids under the age of 9 who have never before been vaccinated against flu require two doses. If possible, they should get their first vaccine on the early side of September so that they can get their second dose before November 1.

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!
Get vaccinated!
It’s the best way to prevent the flu.

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