



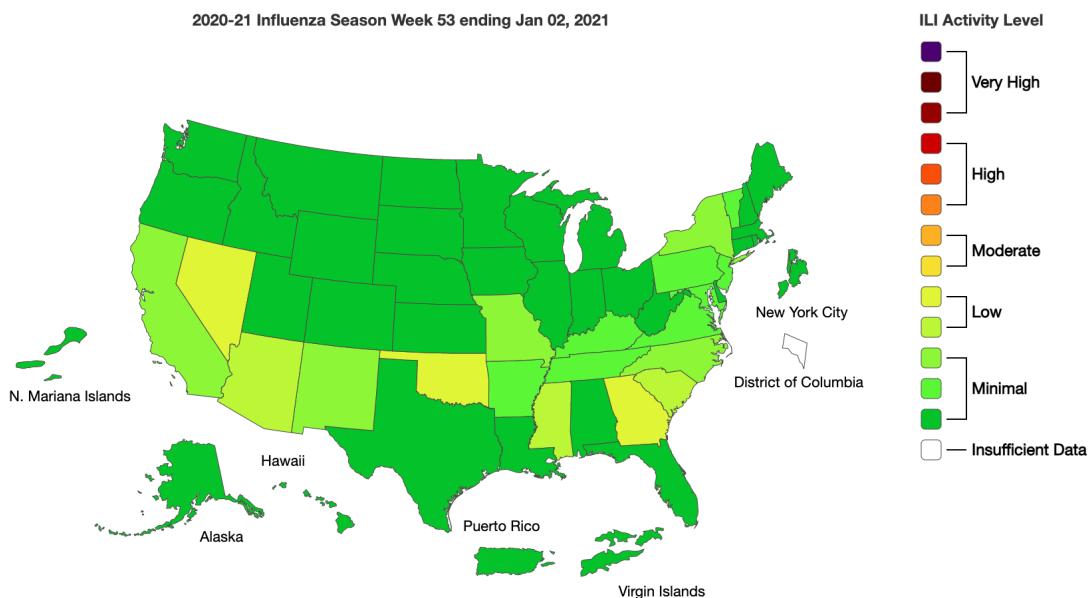
FAMILIES  
FIGHTING FLU, INC.<sup>®</sup>

## Weekly Flu News



**CDC: Weekly Influenza Surveillance Report - Week 53, ending January 2, 2021; [Centers for Disease Control and Prevention](#)**

- Seasonal influenza activity in the United States remains low.
- 0.1% 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%.
- 14.5% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No influenza-associated pediatric deaths were reported to CDC during week 53. A total of one influenza-associated pediatric death occurring during the 2020-2021 season has been reported to CDC.





## **While COVID-19 is Raging, Flu Cases Remain Unusually Low; [Healthline](#)**

Last year by this time, the flu was widespread in 45 states. At that time over 9 million cases had been reported in the United States, and pediatric deaths from the flu had just hit a 17-year high. However, there are some states reporting more than minimal flu activity.

- Mississippi is experiencing moderate flu activity, with most cases occurring in the city of Jackson.
- South Carolina and Nevada are reporting higher than minimal activity.
- Nevada's flu vaccination rates are well below the national average.

Flu season usually peaks around February and continues through the spring, so flu experts recommend keeping your guard up and getting the flu shot if you haven't done so.

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## **Laws Promoting Flu Shot for Hospital Workers Can Cut Deaths; [HealthDay.com](#)**

State laws promoting hospital worker vaccination against influenza may be effective for reducing monthly pneumonia and influenza mortality rates, especially among the elderly, according to a study published in the *Annals of Internal Medicine*. The researchers found that during years when the influenza vaccine was well matched to the circulating strains, there was a 2.5 percent reduction in the monthly pneumonia and influenza mortality rate with implementation of state laws requiring hospitals to offer influenza vaccination to their employees.

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## **Don't Delay, Fight Flu Today!; [Insights on Influenza](#)**

This year more than ever, getting a flu shot is not just about protecting yourself, but also your family, loved ones and community. This flu season, we've created storytelling tools to help spread the word about how serious the flu can be, and the importance of seasonal vaccination, especially this flu season.

**MAKE A VIDEO:** Telling your personal story and reasons you get vaccinated to fight flu is a great way to help inspire others. Make a short video (about 1 – 2 minutes long) talking about how flu has impacted you to share on your personal social media channels. Be sure to use #DontDelayFightFluToday.

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### **Key policy and programmatic factors to improve influenza vaccination rates based on the experience from four high-performing countries; [Drugs In Context](#)**

A study on flu vaccination rates in USA, UK, Australia, and Canada identified a total of 42 key factors for successful flu vaccination programs, clustered into five pillars:

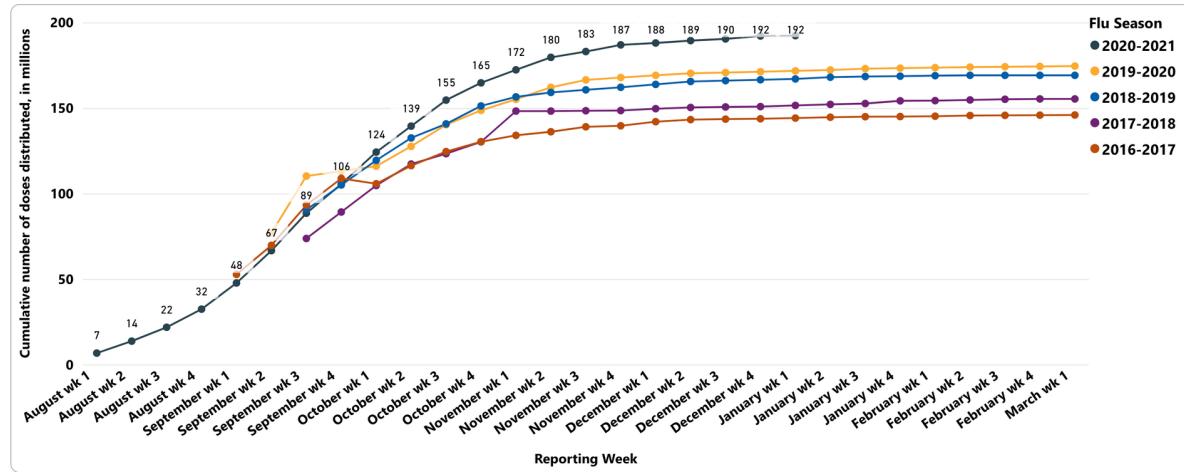
1. Health authority accountability and strengths of influenza immunization programs
  2. Facilitated access to vaccination
  3. Healthcare provider accountability and engagement
  4. Awareness of influenza burden and severity of disease
  5. Belief in influenza vaccination benefits
- 



### **Weekly National Flu Vaccination Dashboard; [CDC](#)**

CDC's Immunization Services Division (ISD) has developed this new Weekly National Influenza Vaccination Dashboard, to share some preliminary, within-season, weekly influenza vaccination data and coverage estimates using existing and new data sources. Highlights include:

- As of December 25, 2020, 192.3 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 53.0% as of Dec. 26, 2020, which is similar to coverage at the same time last year.
- Late December 2020 surveys estimate that 53-54% of people had received a flu vaccine. These estimates are higher than the previous season's (2019-2020) coverage estimates for adults.
- There is a disparity between vaccination coverage among White, non-Hispanic children compared with Black, non-Hispanic children and Hispanic children.



## Updates & Announcements

### NEW 2 Protects 2 Educational Program

[2 Protects 2](#) is a collaborative educational program between Families Fighting Flu and the Partnership for Maternal and Child Health of Northern New Jersey aimed at increasing public awareness about the importance of influenza (flu) and pertussis (whooping cough) vaccinations for pregnant women, especially among African American and Latina populations. Download and share our educational materials and social media graphics, available in both English and Spanish!



### Promote Flu Awareness on Social Media

Looking to promote flu awareness on your social media channels? Check out our suite of social media graphics on general flu prevention, flu complications, COVID-19, and more [here](#)! Immediately download any of our graphics for use on Instagram, Twitter, Facebook, and LinkedIn.



THE MORE PEOPLE VACCINATED AGAINST FLU,  
THE MORE PEOPLE ARE PROTECTED FROM FLU.



### Read our latest Insights on Influenza Blog Posts

Our blog features a variety of flu-related topics, such as flu news & surveillance, science & research, expert commentary, and advocacy. Our newest blog discusses the nearly flu-less season in the Southern Hemisphere. We publish a new blog every two weeks so bookmark this [webpage](#) to stay up to date!



### Spanish Resources

Take advantage of our new Spanish educational materials! Visit our website to view and download our [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.

### Become a Flu Champion

Do you want to make a difference in your community? Are you interested in flu education and advocacy? Become a [Flu Champion](#) to help inform others about the seriousness of flu and the importance of flu prevention, diagnosis, and treatment.



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



### Our Contact Information

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\*{{Unsubscribe}}\*



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