

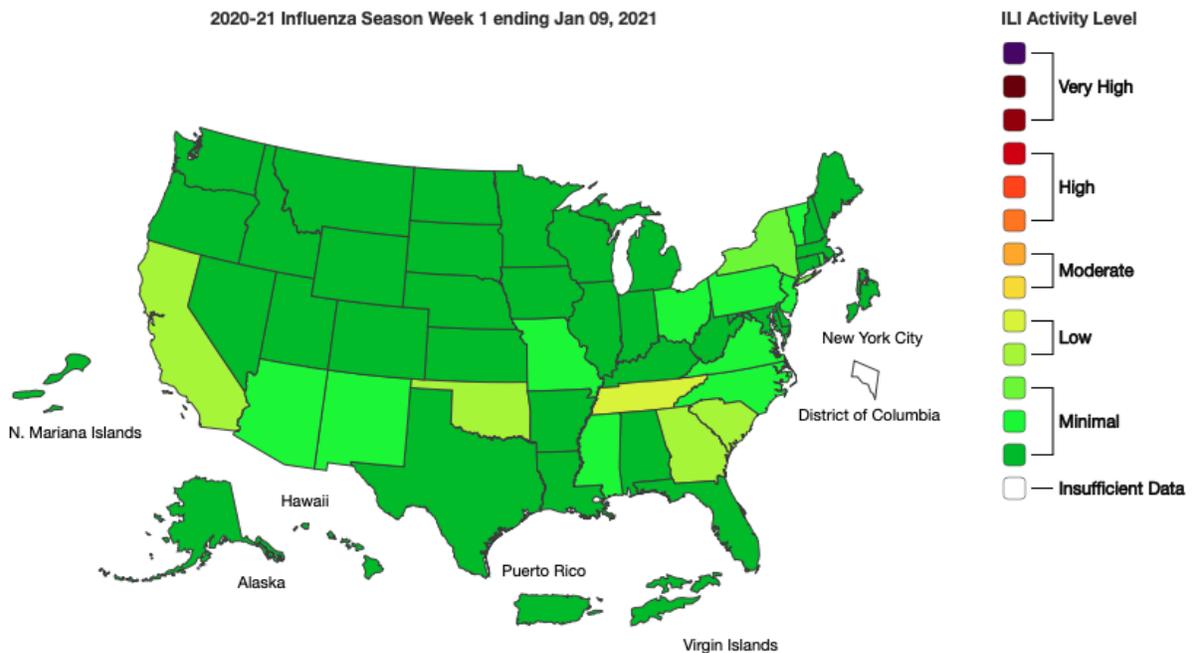


Weekly Flu News



CDC: Weekly Influenza Surveillance Report - Week 1, ending January 9, 2021; [Centers for Disease Control and Prevention](#)

- Seasonal influenza activity in the United States remains low.
- 0.4% of specimens from clinical laboratories tested positive for influenza this week.
- 1.7% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.
- 17.2% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No influenza-associated pediatric deaths were reported to CDC during week 1. A total of one influenza-associated pediatric death occurring during the 2020-2021 season has been reported to CDC.





Early Flu Antiviral Use Reduces Hospitalizations; [Precision Vaccinations](#)

A [study](#) published in the International Journal of Infectious Diseases found that early administration of Oseltamivir (Tamiflu) has a beneficial impact. Specifically, researchers found benefits in reducing 30-day readmissions and mortality in adult influenza patients when compared to a delayed administration after hospital admission or untreated patients. Antivirals should be considered in all patients who require hospitalization.



COVID-19 protection measures likely limiting flu spread; [UPI](#)

The United States has far fewer flu cases than normal, and experts say it's probably due to measures people are taking to protect themselves from COVID-19. Flu season usually peaks between December and February. Influenza typically causes about 45 million illnesses, 810,000 hospitalizations and 61,000 deaths in the United States each year, according to the U.S. Centers for Disease Control and Prevention. Other factors likely contributing to fewer flu cases include more people getting a flu shot; many schools and businesses meeting virtually instead of in-person; and fewer people traveling.



FAQs: The Flu and COVID-19; [Insights on Influenza](#)

There is a lot of information floating around about COVID-19 and we are all doing our best to stay informed and safe. We want to help cut through the noise and provide you with reliable information to help you and your family stay safe this year. Read our latest blog post to keep up on these emerging topics.



India begins mass bird cull in response to avian flu outbreak; [CNN](#)

India has begun culling tens of thousands of poultry birds after avian influenza was detected in ducks, crows and wild geese in at least a dozen locations across the country. Avian influenza, also called avian flu or bird flu, is an illness that usually only affects birds. There are many different strains, but the most commonly seen and most deadly form of the virus is called Influenza A (H5N1), or the H5N1 virus. Most cases of human bird flu infections are due to contact with infected poultry or surfaces that are contaminated with infected bird excretions: saliva, nasal secretions or feces.



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 January 1, 2021, 192.5 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.
- Preliminary available coverage estimates suggest flu vaccination uptake this season among all children and pregnant persons is lower than last season.
- There is a disparity between vaccination coverage among White, non-Hispanic children compared with Black, non-Hispanic children and Hispanic children

[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!

Vaccines Are Effective

Vaccination Benefits for Baby:

- Reduces the risk of whooping cough by **78%**
- Reduces the risk of flu by **64 - 81%**

Logos: 2 PROTECTS 2, FAMILIES FIGHTING FLU, INC., Partnership for Maternal & Child Health of Northern New Jersey

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.**

FAMILIES FIGHTING FLU, INC.

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 FAQs about COVID-19 and flu. 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.

The infographic has a purple background. At the top left, the title 'LA GRIPE EN LOS NEGOCIOS' is written in white. In the top right corner is the Families Fighting Flu logo. On the left side, there is a white icon of a calendar with a cross in a circle above it. To the right of the icon, the text reads: 'En los EE. UU., la gripe causa hasta **810,000 hospitalizaciones al año**. Eso es más que la población de Seattle.'

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.

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.



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