

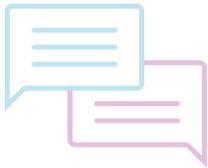


FAMILIES

FIGHTING FLU, INC.

WEEKLY FLU NEWS

February 3, 2020



We're excited to announce the launch of our new blog, *Insights on Influenza!*

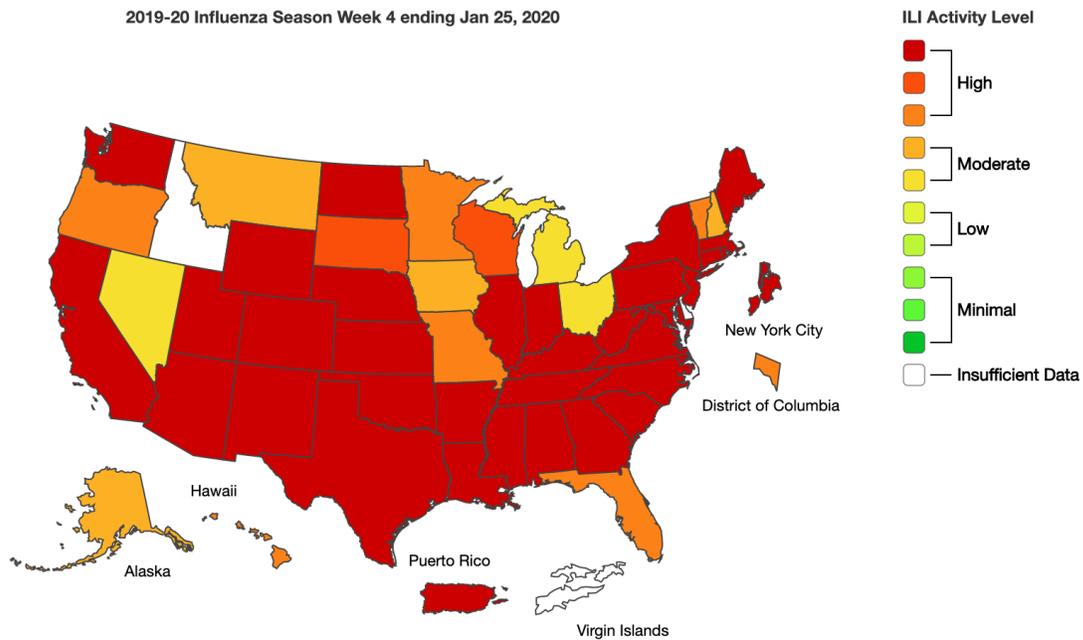
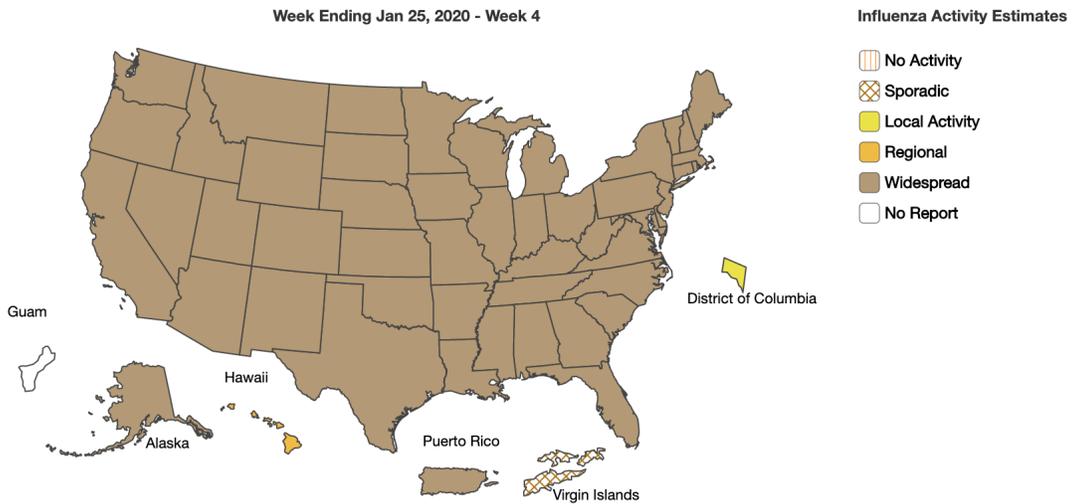
Want to learn more about flu? Check out our new **blog** featuring evidence-based articles on various flu-related topics, including flu prevention, flu news & surveillance, flu vaccine information, flu facts, and more! We plan on developing new blog articles twice a month to share in-depth flu-related information in an effort to help others learn more about flu prevention and treatment. Interested in a particular blog topic? Let us know by reaching out to us at contact@familiesfightingflu.org.



CDC: Weekly U.S. Influenza Surveillance Report: Week 4, Ending Jan. 25, 2019

Jan. 31, 2020; [Centers for Disease Control and Prevention](#)

- Seasonal flu activity in the United States is high and continues to increase. Flu activity has been elevated for 12 weeks.
- 27.7% of specimens from clinical laboratories tested positive for influenza.
- Nationally, influenza B/Victoria viruses are most common, though slightly more H1N1 viruses are being reported. Predominant viruses vary by region and age group.
- 5.7% of visits to a health care provider were for influenza-like illness. All 10 regions were above their baselines and continuing to increase.
- The overall hospitalization rate is 29.7 per 100,000, which is similar to past seasons at this time.
- 6.7% of deaths were attributed to pneumonia and influenza, which is below the epidemic threshold.
- Fourteen new pediatric flu deaths were reported for the 2019-2020 season during week 3. The total for the season is 68.



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

Jan. 31, 2020, [CDC](https://www.cdc.gov)

CDC estimates that, from October 1, 2019, through January 18, 2020, there have been:

- 19 - 26 million flu illnesses
- 8.6 - 12 million flu medical visits
- 180,00 - 310,000 flu hospitalizations
- 10,000 - 25,000 flu deaths



Worried About Catching The New Coronavirus? In The U.S., Flu Is A Bigger Threat

Jan. 30, 2020; [NPR](#)

There's still much to learn about this novel coronavirus, but if you live in the U.S., your risk of contracting the new strain of coronavirus identified in China is exceedingly low. Already this flu season there have been at least 19 million flu illnesses.

Want to help prevent the spread of both coronavirus and flu? Wash your hands. Respiratory illnesses in general — whether the flu, a cold or a virus that humans haven't encountered before — can spread via little respiratory droplets when an infected person sneezes or coughs. That's why we teach our kids to cover their coughs and to sneeze into an elbow. Each of us can help prevent the spread of viruses, and good hygiene habits are key.



New research establishes how first exposure to flu virus sets on our immunity for life

Jan. 30, 2020; [Clinical Infectious Diseases](#)

A new study, published January 27 in the journal *Clinical Infectious Diseases*, argues that the first type of influenza A you are exposed to - H1N1 vs H3N2 - affects how you respond to flu for the rest of your life.

Researchers at McGill University discovered this by looking at data from the 2018-2019 flu season. They found that when the dominant strain shifted from H1N1 to H3N2, new cases of H3N2 flu were mostly in people who weren't born during an H3N2 year. Their hypothesis is that the first influenza A virus you experience gives you memory cells that help fight off future viruses of the same subtype.



Sorry, You Might Get the Flu Twice This Year — Here's Why

Jan. 24, 2020; [Healthline](#)

The 2019-2020 flu season began with the circulation of influenza B viruses. Now, halfway through flu season, A strains are picking up, increasing the odds we'll have a "double-barreled flu season," in which two strains strike back to back — a pattern health experts say is extremely rare.

Unfortunately, just because you caught a B-strain flu doesn't mean that you're immune from the A strains. But vaccination can help prevent you from getting sick with flu. If flu A continues to get worse, as predicted, the flu shot will protect you through the rest of the season. And even though the vaccine isn't a perfect match to B strains, it can still help lessen the severity of the flu.



Increase in 'bird flu' outbreaks – WHO/Europe

Jan. 27, 2020; [World Health Organization](#)

Since the end of 2019, several countries in the WHO European Region have reported avian influenza outbreaks in poultry and detections in wild birds.

It is rare for humans to catch avian influenza and it's mostly linked to direct or close contact with live or dead infected birds or their environments. To date, no human infections with HPAI A(H5N8) have ever been reported. However, avian influenza viruses need to be watched closely because they can change, potentially resulting in viruses that can pass from animals to humans. People in countries experiencing outbreaks are advised to take protective measures when in contact with dead or sick birds.



FDA Approves New Vaccine for Influenza A (H5N1)

Feb. 3, 2020; [MD Magazine](#)

The US Food and Drug Administration (FDA) has approved a novel vaccine to help protect patients as young as 6 months old against influenza A (H5N1), according to a press release from Seqirus.

With approval, influenza A monovalent vaccine, adjuvanted (AudenTM) becomes the first-ever adjuvanted, cell-based influenza vaccine designed to protect against influenza A in the event of a pandemic.



Fighting the Flu: FFF Medical Advisor, Dr. Flor Munoz, and FFF Advocate, Latasha Haynes

Jan. 21, 2020; [WJAR Studio 10](#), Providence, RI

Flu season started early and it's looking like it'll be staying later than normal, so here are some steps to take to avoid getting sick and what to do if you catch the virus. Families Fighting Flu (FFF) medical advisor, Dr. Flor Munoz, and advocate Latasha Haynes discuss the dangers of flu and why it's not too late to vaccinate.



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