

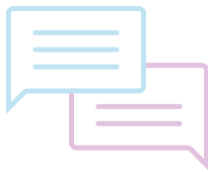


FAMILIES

FIGHTING FLU, INC.®

WEEKLY FLU NEWS

January 27, 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 3, Ending Jan. 18, 2019

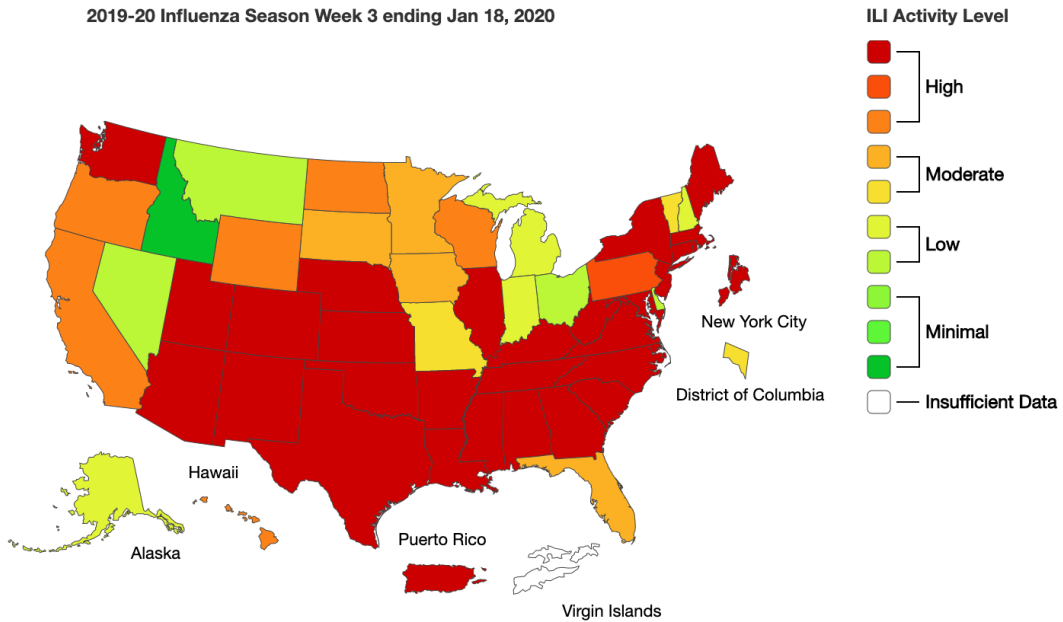
Jan. 24, 2020; [Centers for Disease Control and Prevention](#)

- Seasonal flu activity in the United States is high and continues to increase. Flu activity has been elevated for 11 weeks.
- 25.6% of specimens from clinical laboratories tested positive for influenza.
- Nationally, influenza B/Victoria viruses are most common, though there is approximately equal circulation of H1N1 and B/Victoria viruses. Predominant viruses vary by region and age group.
- 5.0% 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 24.1 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.
- Fifteen new pediatric flu deaths were reported for the 2019-2020 season during week 3. The total for the season is 54.

Week Ending Jan 18, 2020 - Week 3



2019-20 Influenza Season Week 3 ending Jan 18, 2020



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

Jan. 24, 2020, CDC

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

- 15 million - 21 million flu illnesses
- 7 - 10 million flu medical visits
- 140,00 - 250,000 flu hospitalizations
- 8,200 - 20,00 flu deaths



‘Breakthrough’ flu vaccine pill could soon be here

Jan. 22, 2020; [New York Post](#)

A new study published in *Lancet* shows that Vaxart’s oral tablet vaccine, which utilizes a non-spreading adenovirus to carry the flu protein, is just as effective at creating immunity and preventing the flu from a particular strain as the standard injection.

Because tablets don’t need the same cold chain and medically trained personal to administer, tablet vaccine campaigns could help improve flu vaccination rates among those who are afraid of injections and those who are too busy to go to a doctor’s office or pharmacy. Tablets could be particularly useful during an influenza pandemic when the ability to respond quickly is crucial.

The oral flu vaccine is still at least five years away from market.



Israeli study: Child vaccination cuts flu-related hospitalization by 54%

Jan. 23, 2019; [Jerusalem Post](#)

A joint study led by researchers from Ben-Gurion University of the Negev and University of Michigan found that fully vaccinating children against influenza reduced the risk of hospitalization for complications associated with influenza by 54%. These results were published in the December 2019 edition of *Clinical Infectious Diseases*.

“Our results also showed that the vaccine was effective in three different seasons with different circulating viruses, reinforcing the importance of getting an influenza vaccine every year no matter what virus strain is circulating,” said study author Dr. Hannah Segaloff, an epidemiologist at the University of Michigan’s School of Public Health

The results are a timely reminder of the importance of annual flu vaccination for children. There have already been 54 CDC-confirmed flu deaths among children in the US this season.



Survey Reveals Common Misconceptions About Flu, Vaccination

Jan. 22, 2020; [American Academy of Family Physicians](#)

A new survey identified that two subgroups, millennials and African Americans, are most susceptible to believing misinformation about flu illness and flu vaccination.

When asked about the health risks of influenza, millennials also were the least-informed group. More than 60% of millennials who were familiar with the antivaccination movement said they agree with some antivaccination beliefs, compared to 52% of all adults surveyed and 42% of baby boomers.

African Americans had the lowest vaccination rate compared with other ethnic groups. When asked about the flu, nearly 90% of African Americans got at least one flu fact wrong, and more than one-third got all of the facts wrong.



Why Seeing a Doctor Within 48 Hours of Flu Symptoms Is Critical

Jan. 23, 2020; [Healthline](#)

There's still a widely held belief that seeing the doctor is pointless when you have the flu. This belief has been perpetuated by the fact that in most cases, there isn't a lot doctors can do about viral infections, and influenza is viral. But it can be treated.

Prescription antiviral drugs exist that can help to eliminate the flu sooner and reduce the severity of symptoms. They are especially beneficial to those at risk of developing severe flu complications. However, they are most effective when given within the first 48 hours from when symptoms start.

Even if you do not want a prescription, visiting the doctor when sick with flu can be helpful for other reasons. Some people may mistake flu symptoms for pneumonia, which requires antibiotics. Additionally, getting an accurate diagnosis can help warn family members and friends that they could become sick.



Something far deadlier than the Wuhan coronavirus lurks near you, right here in America

Jan. 24, 2020; [USA Today](#)

While there are many news stories about coronavirus, a novel illness that originated in China, it's important to remember that flu poses a much greater threat to our health. Influenza rarely gets this sort of attention, even though it kills more Americans each year than any other virus, said Dr. Peter Hotez, a professor of pediatrics, molecular virology and microbiology at Baylor College of Medicine in Houston.

"When we think about the relative danger of this new coronavirus and influenza, there's just no comparison," said Dr. William Schaffner, a professor of preventive medicine and health policy at Vanderbilt University Medical Center. "Coronavirus will be a blip on the horizon in comparison. The risk is trivial."



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