

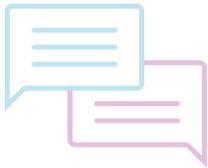


FAMILIES

FIGHTING FLU, INC.®

WEEKLY FLU NEWS

March 9, 2020



Join our new Facebook group: Flu Fighting Forum

Want to learn more about flu? Join our new group that is focused solely on flu education and advocacy: [Flu Fighting Forum](#). This group, run by Families Fighting Flu, is a place for conversations about flu prevention, burden, and activity while offering opportunities for flu education and advocacy.

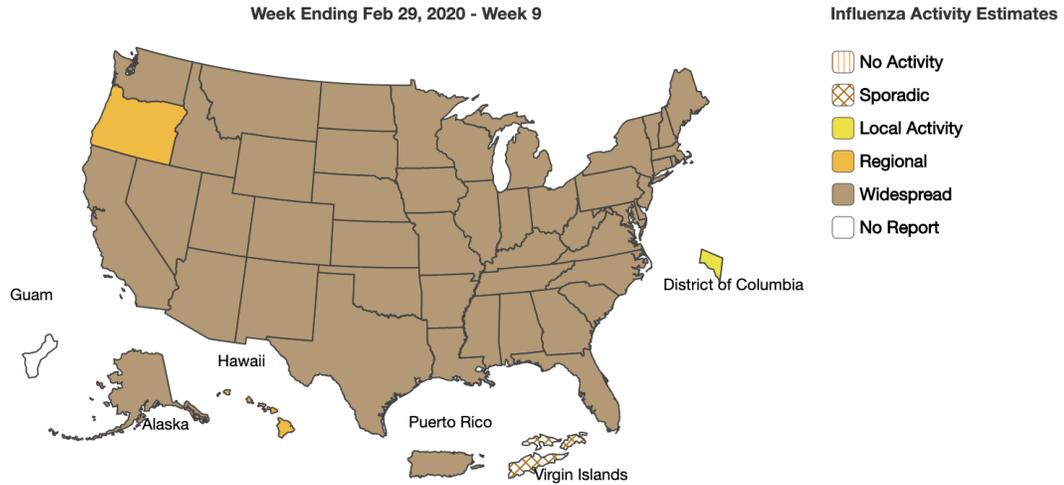


CDC: Weekly U.S. Influenza Surveillance Report: Week 9, Ending Feb. 29, 2020

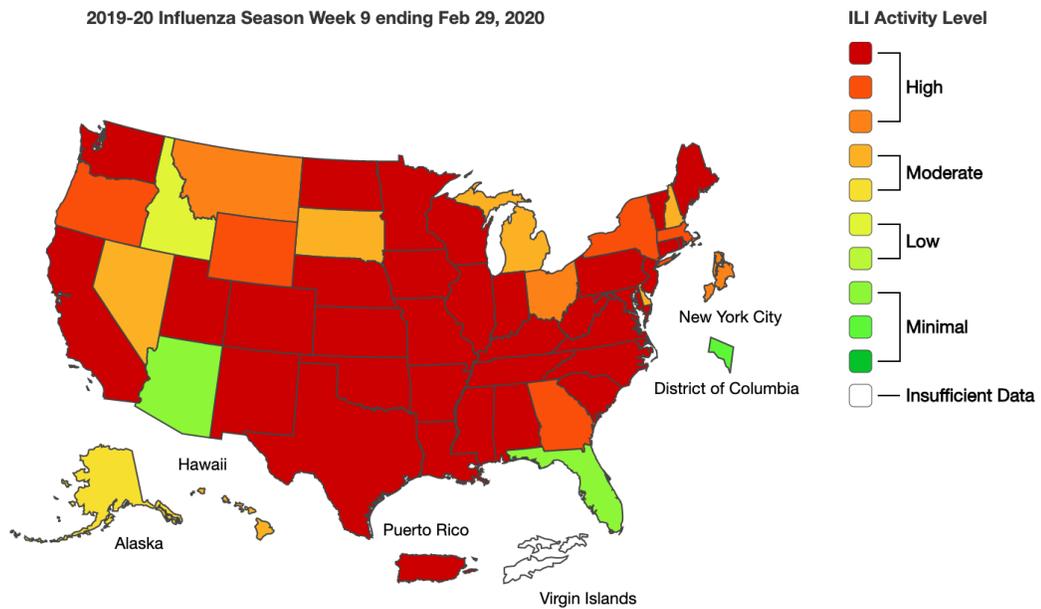
March 6, 2020; [Centers for Disease Control and Prevention](#)

- Key indicators that track flu activity remain high but decreased slightly this week. Indicators that track overall severity (hospitalizations and deaths) are not high at this point in the season, although rates differ by age group.
- 24.3% of specimens from clinical laboratories tested positive for influenza.
- Nationally, influenza A (H1N1) viruses are most common at this time. Previously, influenza B/Victoria viruses predominated nationally.
- 5.3% of visits to a health care provider were for influenza-like illness. All 10 regions remain above their baselines.
- The overall hospitalization rate is 57.9 per 100,000, which is similar to past seasons at this time.
- 6.9% of deaths were attributed to pneumonia and influenza, which is below the epidemic threshold.
- Eleven new pediatric flu deaths were reported for the 2019-2020 season during week 9. The total for the season is 136.

Week Ending Feb 29, 2020 - Week 9



2019-20 Influenza Season Week 9 ending Feb 29, 2020



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

March 6, 2020; [CDC](https://www.cdc.gov)

CDC estimates that, from October 1, 2019, through February 29, 2020, there have been:

- 34 - 49 million flu illnesses
- 16 - 23 million flu medical visits
- 350,000 - 620,000 flu hospitalizations
- 20,000 - 52,000 flu deaths

ACIP meeting focuses on influenza, coronavirus, and



more

Mar. 6, 2020; [APhA](#)

CDC's Advisory Committee on Immunization Practice (ACIP) met in Atlanta on February 26–27, 2020, to discuss the current influenza season and vaccine effectiveness; coronavirus; Ebola, dengue, and rabies vaccines; as well as other immunization topics.

Influenza surveillance data showed that A(H1N1) strains, along with B Victoria lineage strains, are primarily circulating during the 2019–2020 season. The rate of influenza hospitalizations for adults was similar to that of most seasons, but rates in children and adolescents were higher. The rate of pediatric deaths is one of the highest in recent years. Of 105 pediatric deaths, 16% of the children were vaccinated, and 54% had no concurrent illness.

The interim estimates of 2019–2020 seasonal influenza vaccine effectiveness against medically attended influenza for any virus was 45%, 50% against B/Victoria, and 37% against A(H1N1), with differences seen in various age groups.



Can Elderberry Treat the Flu?

Mar. 3, 2020; [New York Times](#)

Elderberry supplementation has long been used as a folk remedy for flu, but what does the science say? And is it safe? Here's what to know.

Elderberry is best known as a traditional medicine. Elderberry fruits contain vitamin A, potassium, calcium, vitamin C and high levels antioxidants like anthocyanins, which give the fruit its color and may play a role in boosting overall health.

The available evidence on how elderberry might fight the flu is “spotty at best,” said Dr. Eric Ball, M.D., a pediatrician with C.H.O.C. Children's at Mission Hospital in Orange County, Calif.

By far, the best thing you can do for your family is to make sure everyone aged 6 months or older gets their annual flu shot. It's not 100 percent effective in preventing the flu, but even if your child does end up getting it, vaccination can significantly reduce their risk of developing severe, life-threatening complications.



What We Can Learn From the 20th Century's Deadliest Pandemic: The 1918 Spanish Flu

Mar. 6, 2020; [Wall Street Journal](#)

The “Spanish” flu of 1918 was one of the deadliest pandemics in human history.

The world of 1918 was very different from today's, where the new coronavirus is emerging as another potential pandemic. A century ago, antibiotics, modern hospitals, intensive care units and instant communication did not exist; most people lived in rural communities; intercontinental travel took weeks rather than hours.

Despite 21st century advancements in medicine, we can still apply important lessons from the 1918 pandemic to today's coronavirus outbreak: provide effective leadership, rely on classic public health measures such as hygiene and isolation, and give accurate information to build communities' trust.



Australia Prepares for Flu Season Amid Coronavirus

Mar. 5, 2020; [RACGP](#)

With news cases of COVID-19 [coronavirus] emerging each day in the lead up to flu season, the anticipated crossover of viruses is expected to result in higher demand for seasonal influenza vaccines in 2020.

To meet the demand, the Department of Health (DoH) is set to secure its largest-ever supply of seasonal influenza vaccines for the National Immunisation Program (NIP) for people most at risk. The vaccines will be available from mid-April, subject to local supply.

Australia will this year become the first country to offer an adjuvanted quadrivalent influenza vaccine for people aged 65 and older. New age-specific vaccines will also be available for eligible people under the NIP.



Flu season easing slightly, but not for children

Mar. 6, 2020; [NBC News](#)

The U.S. is in the midst of a harsh flu season for children.

At least 34 million Americans have been sickened with the flu so far this season and an estimated 20,000 people have died from it, with the illness taking a higher-than-expected toll on children, the Centers for Disease Control and Prevention reported Friday.

As of Feb. 29, there also were 136 flu-related deaths in children reported this season. That total is higher than every season since reporting began in 2004-2005 with the exception of the 2009 pandemic, the CDC said.



Coronavirus and Flu Are Spreading Simultaneously: Here's What You Can Do to Help Prevent Both

Mar. 7, 2020; [FFF Blog](#)

A new virus that emerged from Wuhan, China, coronavirus disease 2019, or COVID-19 for short, is circulating around the world. At the same time, seasonal flu (influenza) is also spreading, which has caused millions of illnesses and thousands of hospitalizations and deaths.

Many of the same methods for preventing seasonal flu can also be used to help slow the spread of COVID-19.



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