



Weekly Flu News



Types of Available Flu Vaccines for the 2020-2021 Flu Season; [Insights on Influenza](#)

Everyone six months and older, with rare exception, should get an annual flu vaccine, but there are many different options available. So how can you decide which one is right for you? All available flu vaccines on the market help protect against the same three or four circulating flu strains in the United States, but there are different vaccine types that may be recommended based on a recipient's age, medical history, medical conditions, and allergies. Read our latest blog post about the different types of flu vaccines available this season.



Here's when Dr. Fauci gets his flu shot (and why); [CNBC](#)

Getting a flu vaccine is especially important this year, according to experts, because flu season will overlap with what may be a difficult fall and winter with respect to Covid-19. Given that, Fauci understands people may worry about the supply of the flu vaccines running out if they wait, but that scenario is "really unlikely," because "every year there's a certain [amount] of flu shots that we just don't use." Fauci stated that he gets his own flu shot during the middle or end of October.



Covid symptoms: Is it a cold, flu or coronavirus?; [BBC](#)

Colds, flu and Covid-19 are caused by different viruses, but can have similar symptoms. It can be hard to judge which one you may have. Flu usually comes on suddenly and sufferers will often experience muscle aches, chills, headaches, tiredness, a sore throat and a runny or stuffed nose, along with a cough. It feels worse than a heavy cold. Colds tend to develop more gradually and are less severe, although they do still make you feel unwell. Along with a cough, there may be sneezing, a sore throat, and runny nose. Fever, chills, muscle aches and headaches are rare with a cold.



Why You Need a High-Dose Flu Shot; [AARP](#)

People 65 and older may need a high-dose flu vaccine. This type of vaccine has been approved for over a decade, has four times the antigens (the flu proteins our immune system recognizes and attacks) than the regular flu vaccine. Getting a flu vaccine is especially important for people 65+ because preexisting health conditions and older age can make them more susceptible to flu and flu complications.



Decreased Influenza Activity During the COVID-19 Pandemic; [CDC MMWR](#)

In the United States, influenza virus circulation declined sharply within 2 weeks of the COVID-19 emergency declaration and widespread implementation of school closures, social distancing, and mask wearing. However, it is still important to plan for seasonal influenza circulation this fall and winter. Annual flu vaccination for everyone 6 months and older is the best way to prevent the spread of influenza.

Join Families Fighting Flu for two webinars this week:

Challenges of Influenza Vaccination During the COVID-19 Pandemic: Racial and Ethnic Disparities

Presented by Flor M. Munoz, MD, Families Fighting Flu Medical Advisor

Thursday, September 24, 2020 @ 12:00 PM PST

Register [here](#)

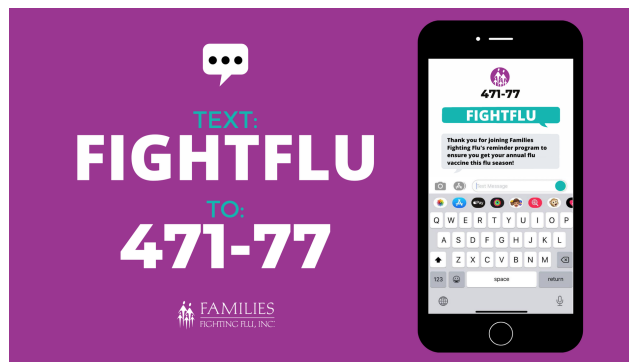
The Critical Importance of Flu Prevention: Insights from a Mother Whose Daughter Almost Didn't Survive

Presented by Families Fighting Flu President, Shelle Allen

Friday, September 25, 2020 @ 12:00 PM PST

Register [here](#)

Need a reminder to get your annual flu vaccine? Text FIGHTFLU to 47177 to sign up for key flu and flu vaccine information to stay healthy this season!



Make the Families Fighting Flu [Vaccination Promise!](#) Commit to getting your annual flu vaccine and sign your name on the Promise Wall.



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

We have new materials available for this flu season! Visit our website to view our [new educational materials](#) and get digital downloads and/or place an order for print copies today!



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