

November 2020 E- Newsletter: Seasonal Influenza Vaccination Importance.

[View this email in your browser](#)



November 2020 E-Newsletter: Seasonal Influenza Vaccination Importance.

Preventing seasonal influenza is reported to be more important this year, due to the presence of the COVID-19 pandemic, than ever before. There are simple ways to help prevent from contracting influenza and prevent it from spreading.

- **Influenza vaccination** – It is important not only for you but your patients to take the time to get the influenza vaccine. According to experts, this is the first step in helping prevent the influenza virus.
- **Preventive actions** – If you feel sick, stay home. You do not want to infect to your patients and colleagues with influenza. Stay away from any family or friends that may be chronic health conditions. And, of course, wash your hands thoroughly and often.
- **Actions to take if you get influenza** – Take any antiviral medication your doctor may prescribe. Limit contact with others as much as possible to keep from infecting them.

It is believed the seasonal influenza virus spreads from person to person through droplets when the infected person sneezes, coughs, or talks. It is reported that a person can infect others 1 day prior to developing symptoms and 5-7 days after becoming sick.

Common influenza symptoms include fever, cough, sore throat, runny or stuffy

nose, fatigue, headaches, and body aches. With the seasonal influenza virus, there is usually a sudden onset of some or all of these symptoms. The influenza illness typically lasts 1 week.

Severe influenza illness is more common in those with underlying chronic health conditions, moderate to severe obesity, pregnant women, adults 65 years and older, and children 2 years of age and younger.



There are 2 types of the influenza virus with 4 subtypes. Type A influenza consists of H1N1 and H3N2 while Type B influenza consists of Victoria and Yamagata. Preliminary data from the 2019-2020 influenza season shows Type A H1N1 and Type B Victoria were the most common. It is important to note it is possible to get influenza more than once and get both types of influenza within the same season.

While the seasonal influenza and COVID-19 viruses are both respiratory illnesses and mimic some of the same symptoms, they are caused by different viruses. In most cases, testing will need to be done in order to confirm the diagnosis.

It is possible to have influenza and COVID-19 at the same time. There is a test that is designed to detect Type A and B seasonal influenza viruses and the virus that causes COVID-19 which is SARS CoV-2. The Centers for Disease Control and Prevention (CDC) received an Emergency Use Authorization from the Food and Drug Administration (FDA) in August 2020 for the initial testing kits.

According to the CDC, laboratory-confirmed influenza activity is low as of

November 2, 2020. But, this doesn't mean we can forego the influenza vaccine this year. While not all influenza cases require hospitalization, our Healthcare systems have been overwhelmed in 2020 with the COVID-19 pandemic.

During the 2019-2020 influenza season, there were 410,000 - 740,000 influenza-related hospitalizations. By getting the influenza vaccine to help prevent the illness, healthcare resources can be readily available for more critical COVID-19 patients. It is estimated that 52% of people in the United States received the influenza vaccine last season and this helped prevent approximately 105,000 influenza-related hospitalizations.

Citing rare exceptions, the CDC recommends that everyone 6 months and older get the yearly influenza vaccine.



Copyright © 2020 Georgia Perinatal Association, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

