

KIDS HEALTH ZONE



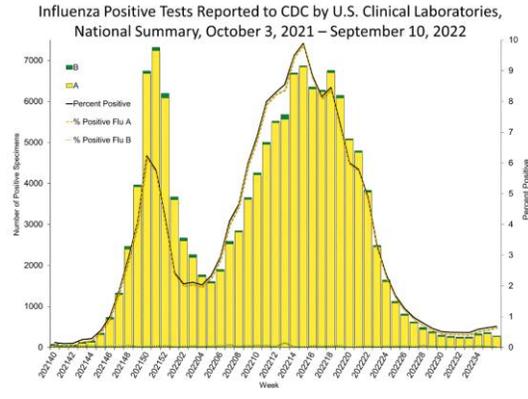
IT'S THAT TIME OF THE YEAR AGAIN – FLU SEASON...

WHAT IS INFLUENZA OR “FLU”?

Influenza or FLU is a contagious respiratory illness caused by the influenza viruses that infect the nose, throat, and lungs. There are two main types of Influenza Virus (Type A and Type B) mainly responsible for the FLU SEASON. **Who is at high risk?** Pregnant woman, young children (especially younger than 5 years old), older adults, and people with compromised immune system.

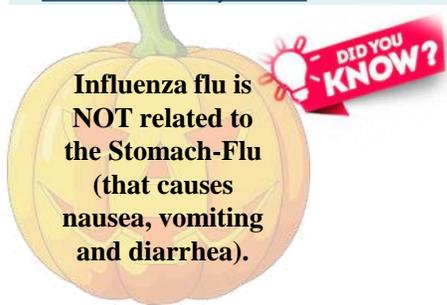
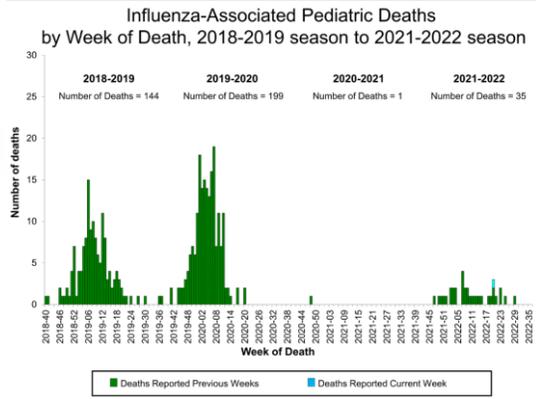
WHAT DO THE NUMBERS LOOK LIKE FOR FLU?

The graph on the right shows “**Influenza Positive Tests**” reported to the CDC by U.S. Clinical Laboratories for the **2021-2022 flu season**. A total number of 40,698 specimens were tests, resulting in 279 total positives (mainly Type A).



QUICK LINKS

- [FLU-VIEW. Influenza-associated Pediatric Mortality](#)
- [Flu MYTHS and FACTS](#)
- [Flu information for Nebraska Schools](#)
- [Coinfection in SARS-CoV-2 infected patients: Where are influenza virus and rhinovirus/enterovirus?](#)
- [School & Childcare Providers](#)
- [Similarities and differences between Flu and COVID-19](#)
- [NE-DHHS- Flu Activity and Data](#)



One Influenza-related pediatric death occurred during week 36 of 2020-2021 season. A total of **35 influenza-related pediatric deaths** occurring during the **2021-2022 season** have been reported to the **CDC**. As of September 19th, 2022, in **Nebraska**, a total of 10,242 have been tested positive for Flu (502 pediatrics).

DO WE EXPECT A SIGNIFICANT FLU SEASON? YES!

The US had a much-reduced flu season in 2020-2021 and somewhat reduced season in 2021-2022, probably due to COVID-19 mitigation methods in place (like staying home, masking, and school closures). However, based on southern hemisphere data, it is expected that the US will have a significant and likely early flu season this year.

WHY DO WE NEED TO GET FLU SHOTS EVERY YEAR?

Like most viruses, **flu viruses evolve so quickly**, that last year’s vaccine may not protect you from this year’s viruses. New flu vaccines that are released every year is to keep up with the rapidly adapting flu virus.

WHAT CAN WE DO TO PREVENT THE FLU AND KEEP OUR FAMILIES SAFE?

GET VACCINATED, avoid close contact with people who are sick, cover your nose and mouth when you cough or sneeze (throw the tissue in the trash after use), and wash your hands with soap and water.



KIDS

HEALTH

zone

WHAT OTHER VIRUSES CAN BE CONFUSED WITH THE INFLUENZA VIRUS...

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

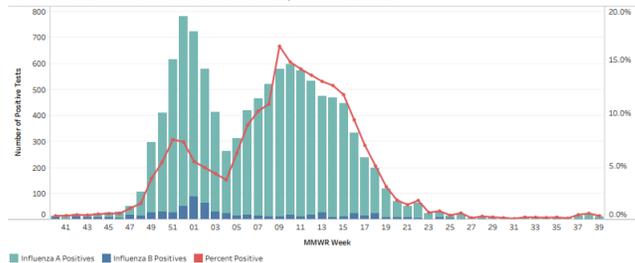


Influenza virus and the common cold are both contagious respiratory illnesses but caused by different viruses. As discussed above, flu is caused by influenza viruses ONLY. However, common cold can be caused due to different viruses, such as rhinoviruses, [seasonal coronaviruses](#), and parainfluenza viruses.

Seasonal coronaviruses should NOT be confused with SARS-COV-2 (commonly known as the COVID-19).

Because common cold and flu have similar symptoms, it can be difficult to tell the difference between them. Colds are usually milder than flu. Cold normally do not result in serious health problems, such as bacterial infections, pneumonia, or hospitalizations.

Number of Influenza A & B Positive Tests and Percent Positive, by MMWR Week, 2021-22



[NE Influenza & Other Respiratory Disease Surveillance Report, 2021-2022](#)



Human rhinoviruses (HRVs) were first discovered in the 1950s, are responsible for more than one-half of the cold-like illnesses. Rhinoviruses can easily pass from one person to another, especially when a **child** has a runny nose, liquid from the nose gets to the hand, and eventually end up on tables, toys, and other places. Most children may experience symptoms of a common cold such as watery, runny nose discharge that later becomes thicker into gray, brownish, or greenish color. Other symptoms include sneezing, mild fever (101°F – 102°F or 38.3°C – 38.9°C), sore throat, cough, muscle aches, and headaches.



Respiratory Syncytial Virus (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms. Most people would recover in a week or two, however, it can be serious, especially for infants and older adults. RSV causes inflammation of the small airways in the lung called bronchiolitis and might cause pneumonia in younger children below the age of 1 year. Symptoms are similar to other cold-like illnesses such as runny nose, decrease in appetite, sneezing, fever, coughing, and wheezing.



Common human coronaviruses should **NOT BE CONFUSED WITH COVID-19 (SARS-COV-2) virus**. Common seasonal coronaviruses includes types such as 229E, NL63, OC43, and HKU1 that usually cause mild to moderate upper-respiratory tract infection and illnesses, much like the common cold.

Coronaviruses are influenced by weather conditions and are more common in the winter months. Studies suggest that low temperature and low sunlight increase the coronaviruses' survival. Increased preventative measures such as face covering, physical distance, hand washing, staying away from people who are sick should reduce the transmission in the winter months.

BOO
TO THE
FLU
GET YOUR FLU SHOT
BY OCTOBER 31ST