

Northwest Regional Healthcare Coalition Spotlight November, 2020



Fight the FLU 2020

Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. CDC has worked with vaccine manufacturers to have extra flu vaccine available this flu season.

The [WHO](#) outlines the similarities and differences of the viruses, their transmission and their presentation. This has important implications for the

public health measures that can be implemented to respond to each virus.

FLU Resource in Virginia

Seasonal influenza is commonly referred to as “the flu.” It is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs.

There are two main types of influenza viruses: A and B. Each type includes many different strains that tend to change from year to year. The flu

spreads mainly from person to person by droplets from the nose or throat

that are released when an infected person coughs or sneezes. The best way to prevent the flu is to get vaccinated every year. Find a [location](#) near you.



Up to date State Influenza Activity can be found here:

<https://www.vdh.virginia.gov/epidemiology/influenza-flu-in-virginia/influenza-surveillance/>

Stay Informed

Resources:

<https://www.cdc.gov/flu/season/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-similarities-and-differences-with-influenza>

<https://www.vdh.virginia.gov/flu/>

<https://vaccinefinder.org/>

<https://www.healthline.com/health-news/covid19-is-surgin-but-flu-cases-are-down>

www.nwrhcc.org