

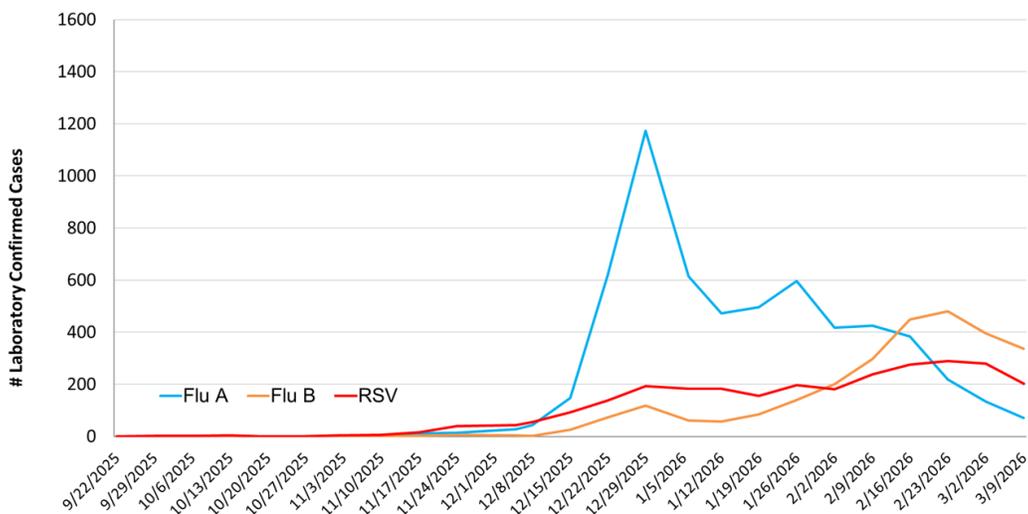
# Weekly Children's Mercy Influenza/RSV Activity Communication

3/13/2026

## Weekly Influenza & RSV Activity Based on Local Data:

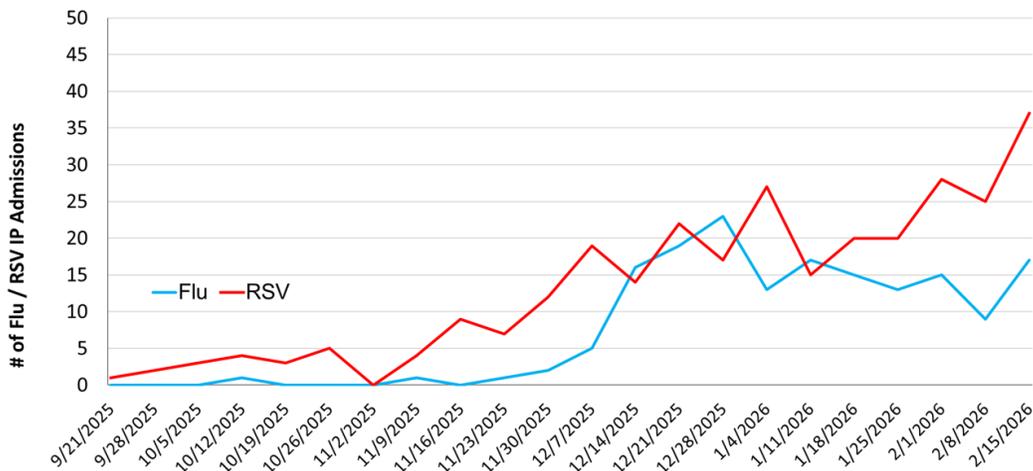
- Influenza A and B are finally on the decline; however, Influenza B will likely remain prevalent for the next few weeks. Flu vaccination remains strongly recommended.
- RSV activity reached its highest level of the season last week, with both cases and hospital admissions continuing to rise.

### Weekly Children's Mercy Hospital Influenza & RSV Virometer



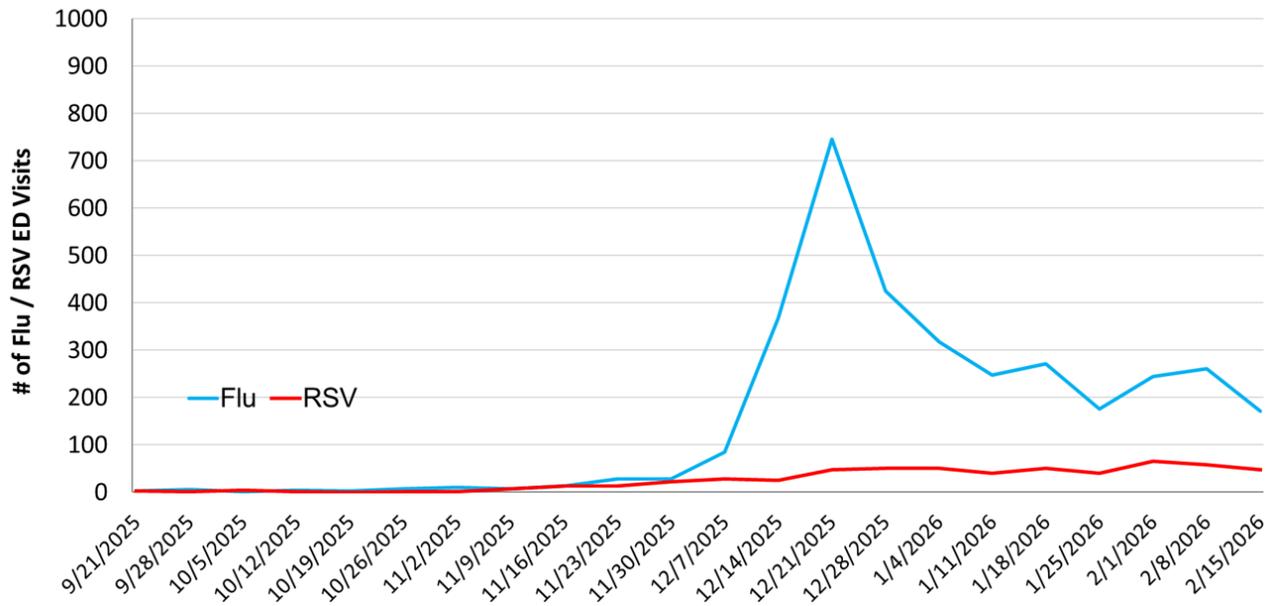
Source: [Children's Mercy Kansas City | Pathology and Laboratory Medicine](#)

### Weekly Flu & RSV Admission Trend



Source: Children's Mercy Integrated Care Solutions | Includes data from all hospitals for patients in an ICS payer contract

## Weekly Flu & RSV ED Visit Trend



Source: Children's Mercy Integrated Care Solutions | Includes data from all hospitals for patients in an ICS payer contract

## Flu Vaccination Facts

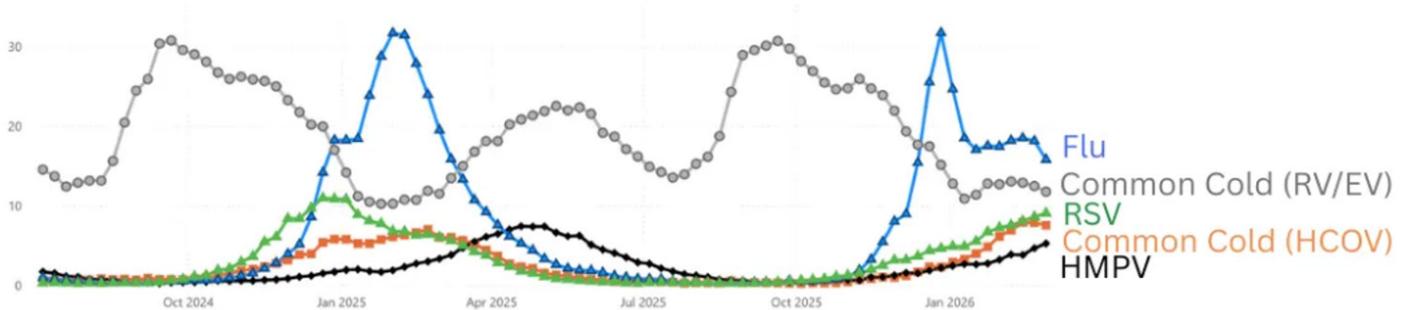
- "Receiving the flu shot can help reduce the severity of illness and prevent hospitalizations. Protect yourself and your loved ones by getting vaccinated today!"
- "Flu can come on fast and hard for your child. A flu vaccine can tame flu's worst symptoms if your child does get sick."
- "The flu vaccine can help your child stay healthy and continue attending school without interruptions. A healthy child means fewer sick days, better learning outcomes, and overall well-being."
- "The flu vaccine reduces the risk of flu illness by about 40-60%." – Source: CDC
- "Vaccinated children are 74% less likely to be hospitalized due to flu complications." – Source: CDC
- "Vaccination helps keep your whole family healthy as it reduces flu-related hospitalization and acute visits by 60%."

## RSV Immunization Facts

- "The youngest children are hit the hardest by RSV with about five in every 1,000 kids under five hospitalized each year."
- "RSV antibody reduces risk of hospitalization by 80-96%."

## Influenza Activity Based on National Data:

- [Your Local Epidemiologist | The Dose | 3/10/2026](#): While flu is starting to decline, RSV infections and hospitalizations are still going up. Babies and young children are at the highest risk for severe illness, so extra caution is important.
- What this means for you: **There's still time to get vaccinated and add a layer of protection for yourself and your family.**



Positive tests for respiratory viruses; Source: [CDC](#); Annotated by Your Local Epidemiologist.

## Busting Myths About The Flu & Flu Vaccines

*Keep your kids safe by knowing the facts.*

**MYTH:** You can catch the flu from the flu vaccine.

**FACT:** The flu vaccine does not contain the active virus. It cannot give you the flu.

**MYTH:** Healthy people don't need to be vaccinated.

**FACT:** Anyone can get the flu and become seriously sick. The flu vaccine is recommended for everyone 6 months and older. By getting vaccinated, you are not only protecting yourself but also reducing the spread of flu to your family and community.

**MYTH:** You don't need to get the flu vaccine every year.

**FACT:** The flu virus changes every year, so getting vaccinated is important to make sure you're protected against the current flu virus.

**MYTH:** The flu is just a bad cold.

**FACT:** The flu can be very dangerous and cause serious illness or even death. The flu causes around 30,000 deaths each year.\*

**MYTH:** If you catch the flu, the vaccine didn't work.

**FACT:** The flu vaccine typically takes 1-2 weeks to offer protection. Additionally, multiple strains of the flu occur every year, so it is possible to get sick with a strain that wasn't in the vaccine. However, the vaccine can still be effective and symptoms can be less severe.

**MYTH:** The flu vaccine contains mercury.

**FACT:** Thimerosal, a preservative, was used in flu vaccines to keep them free from germs. They had a small amount of mercury, but not at harmful levels. In the 2025-2026 flu season, all flu vaccines in the U.S. are now made without thimerosal.

### Health Word Search

GERMS    FEVER    VACCINE  
VIRUS    DOCTOR    PROTECT  
SICK    NURSE    HEALTHY  
COUGH

G E R M S V I R U S  
O C O U G H D O C T  
C T O R N U R S E F  
H E A L T H Y V A C  
P R O T E C T I O N  
S I C K F E V E R X  
D O C T O R N U R S  
V A C C I N E G E R  
M S I C K C O U G H  
H E A L T H Y P R O