

WIND STUDY TIPS: TRACKING THE FLU

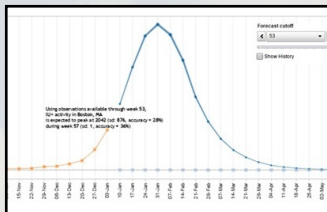
Did you know that influenza peaks in the winter season? The number of people in the United States who have the flu is usually highest between December and February. You can track the number of people in your city who have the flu or flu-like symptoms this week, using the websites below.

Flu Forecast

<http://cpid.iri.columbia.edu/flu.html>

This website is run by Columbia University.

It predicts when the influenza season will reach its peak in selected cities.



FluView

<http://gis.cdc.gov/grasp/fluview/main.html>

This website is run by the Centers for Disease Control and Prevention. It tracks the number of people who go to the doctor with flu-like symptoms. The map shows you whether the number of flu-related doctor visits in your state is high, moderate, or low this week.



Here are some definitions to help you understand the websites:

ILI+ stands for influenza-like illness. People are diagnosed with ILI+ when they have symptoms of the flu, but testing has not yet confirmed that they have the influenza virus.

AH-3 and **B** are the names of the two common types of flu virus this year. Unlike the ILI+ graphs, these graphs represent people who have been confirmed to have the flu virus.

WINTER SWAB REMINDER

If we mailed you a Winter Seasonal Swab, please send it back to us as soon as you can! Remember to take this fall swab when your child does **not** have a breathing problem.

If you need a reminder of how to take a nasal swab, please call us at 1-855-815-9463, or watch the video on our website (www.windstudy.org).

WIND STUDY NEWS

- Happy New Year! Check your mailbox for a special New Year's gift from the WIND Study team.

- We are excited to announce the new WIND Study Facebook page, available at <https://www.facebook.com/windstudy>. We invite you to "like" the page to get study updates, children's health news, and more!

- Catalina and Emily are the newest members of the WIND study team. They do some of the follow-up interviews, so you may have a chance to talk with one of them soon.

- The WIND Study received funding from the National Institutes of Health to conduct a simple in-person visit with each participant when they are about 3 ½ years old. The WIND Study team will be in touch with you in the months ahead with more information about this exciting addition to the study.

CONTACT US

Do you have questions about the WIND Study? Did you move or change your phone number or email? Please let us know so that we can stay in touch. Call or email us anytime.

855-815-WIND (9463)

windstudy@partners.org

www.windstudy.org

<https://www.facebook.com/windstudy>

IN-DEPTH: SEAFOOD ALLERGIES

During follow-up interviews, you may have wondered why we ask a lot of questions about seafood in your child's diet. One reason is that we are interested in studying the connection between seafood allergies and asthma. Keep reading to get familiar with the different types of seafood allergies.

FISH ALLERGIES: Some people have allergic reactions to scaly or bony fish, like salmon, trout, cod, or tilapia. Although many of these people are allergic to several types of fish, others are allergic to only a single type of fish; they are able to eat other types of fish without any reaction. This is because allergic reactions are caused by specific proteins, and different species of fish may contain different proteins. In adults who have asthma, fish allergies can trigger asthma attacks [1].

SHELLFISH ALLERGIES: Shellfish include shrimp, lobster, scallops, and clams. How is a shellfish allergy different from a fish allergy? Scaly and



bony fish come from a different family than shellfish, so a person who has a fish allergy does not necessarily have a shellfish allergy, and vice versa. Shellfish is one of the most common food allergens in the U.S.

Both fish allergies and shellfish allergies are most often diagnosed in adults, not kids [2]. In the WIND Study, we hope to learn more about how these allergies affect kids, especially those who were hospitalized for bronchiolitis.

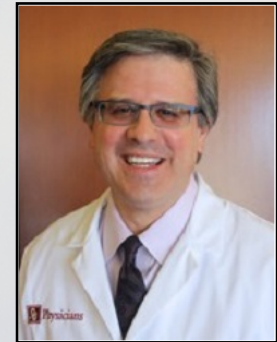
As we've discussed in earlier newsletters, almost half of children hospitalized for bronchiolitis will develop asthma by age 6 years. Why? What can be done to prevent asthma? We are trying to learn the answers to these important questions in the WIND Study.

[1] <http://acaai.org/allergies/types/food-allergies/types-food-allergy/fish-allergy>

[2] <http://www.foodallergy.org/allergens/shellfish>

GET TO KNOW... MICHAEL GOMEZ

Michael Gomez is one of the site principal investigators for the WIND Study. He is a neonatologist and chair of pediatrics in Tulsa, Oklahoma at The Children's Hospital at Saint Francis, one of the 17 hospitals where children were enrolled in the study.



In addition to his work with the WIND Study, Dr. Gomez oversees several medical practices at the largest hospital-based primary care clinic in Oklahoma.

Dr. Gomez enjoys golfing with his wife and sons, although he struggles mightily at it. His favorite place to play is a golf course in Tulsa designed by the famous architect A.W. Tillinghast.

Dr. Gomez's interest in the WIND Study grew from his broader research interest in severe respiratory problems in early childhood. He sees important similarities between these serious breathing problems in babies born with lung disease and the breathing problems of babies who have RSV or other viruses that cause bronchiolitis. He looks forward to working with the WIND study data to figure out how to better treat and, one day, prevent these problems.

WINTER ACTIVITIES

Here are a few inexpensive activities for the whole family to enjoy together this winter:



LET IT SNOW: Make fake "snow" by cutting out the inner, absorbent layer of a diaper and mixing it with water in a container. For fluffy snow, use less water. For slushy snow, use more water. Now your child can create their very own indoor blizzard!



FOOTPRINT PENGUIN: Paint the bottom of your child's foot with black (washable) paint, leaving the middle of their sole without paint. Now, help your child step on a piece of white construction paper. The footprint will look like a black penguin with a white belly. Your child can fingerpaint a silly face and arms on the penguin.



POPSICLE STICK SNOWFLAKE: Glue three popsicle sticks together at the center, to make the shape of a snowflake with six points. Help your child decorate the snowflake by gluing on buttons, beads, or sequins.