



## WINTER 2021

### CHIME STUDY RESEARCH UPDATE

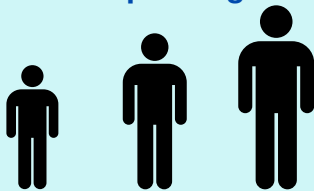
Thank you for your continued participation in the CHIME Study! We greatly appreciate your willingness to stay engaged with us, especially with all that is going on right now. We hope everyone is staying safe during the COVID-19 pandemic. Although the pandemic forced all study sites to shut down for research visits for several months, all have now reopened. Our coordinators have resumed reaching out to schedule the age 3-year and 6-year exams. While it's hard to know what the future has in store, please know that our team is working hard to evaluate different ways to safely continue our work with you.

We truly appreciate your responses to the spring and winter COVID-19 surveys from last year. During the spring, just a few states were hard-hit by COVID-19. Since then, the virus has spread across the U.S. With cases rising and all states now affected, we decided to reach out to you one final time to see how you and your family are doing. We will continue to reach out to you to schedule the next in-person visit. We will also continue to call you to complete follow-up interviews about your child's health. As always, please do not hesitate to reach out to us if you have any questions!

**4,156**

Completed Interviews

#### Participant Ages



39.6 months



96.3 months

**80%**

In-Person Visit  
Completion

**94%**

Interview  
Completion

### OTHER CHIME STUDY RESEARCH NEWS

In the spring, the National Institute of Health (NIH) asked us to participate in the largest national study on COVID-19 in children, called the **HEROS** study. This study was started to help better understand the spread of novel coronavirus infection in children and their family in the U.S. We want to take a moment to thank the families in the Greater Boston area that were eligible and who agreed to participate in this ongoing and important research!

The CHIME Study also is part of an NIH-funded, national study on childhood health called "**Environmental influences on Child Health Outcomes**," or ECHO, for short. The goal of this new study is to learn more about how the environment affects children's health. Please be on the lookout for an email invitation to learn more about this study and to potentially enroll!

**CONTACT US!**

Do you have any questions about the CHIME Study?

Did you recently move, or change your phone number or e-mail?

Please let us know so we can stay in touch. Call or e-mail us anytime!

1-855-91-CHIME (24463) | [chimestudy@partners.org](mailto:chimestudy@partners.org) | [www.chimestudy.org](http://www.chimestudy.org)

## IN-DEPTH: THE FLU VS. COVID-19

H1N1. H3N2. Influenza. No matter what name it goes by, the flu keeps coming back. What's more, it often brings breathing problems along with it, which can be stressful and scary, especially with a young child. With this year's flu season being particularly uncertain amidst the coronavirus pandemic, we thought you might be interested in reading more about the flu.

There are several types of flu viruses, and each type has different variations, or "strains", which is part of why it's so tough to avoid it from year to year. Some of these strains affect only humans, but some of the types affect all kinds of species, from birds, to pigs, to seals. Unfortunately, flu viruses change easily. As a result, the flu vaccine is different each year to match the different strains that are circulating around the world that year. Researchers at the World Health Organization (WHO) predict which strains of the influenza virus are the most likely to be the biggest offenders that season—then work begins to create a vaccine that targets those specific strains. Interesting fact: the WHO actually predicts the strains twice per year to match the winter seasons in both the Northern and Southern Hemispheres!

Like COVID-19, the influenza virus most commonly spreads from person to person through coughing and sneezing. Although there are some similarities between the two, COVID-19 may also cause a change or loss in taste or smell, unlike the flu. Another difference between the flu and COVID-19 is that a person infected with the flu tends to develop symptoms in about 1 to 4 days after infection, while a person with SARS-CoV-2, the virus that causes COVID-19, may develop symptoms anywhere from 2 to 14 days after infection.

Interestingly, the rates of flu this season have been lower in the US and around the world, likely due to the added precautions taken to reduce the spread of COVID-19. In Australia, for example, there was a significant decrease in the number of flu cases, presumably due to people wearing masks early in the pandemic and more flu tests and flu vaccines becoming available.

Some of the same basic precautions we are taking to prevent COVID-19 also will help prevent the spread of flu. For example, washing your hands frequently throughout the day with soap and water—or using alcohol-based sanitizer—will help keep the virus at bay. Covering your mouth and nose when coughing and sneezing will also help prevent spreading the virus. Please be sure to talk to your child's primary care provider if you have any concerns about the flu. You can also speak with your child's doctor about getting them immunized against the flu this year if you haven't already! We hope you all stay healthy this winter!

Websites for further information:

<https://www.cdc.gov/flu/about/viruses/types.htm>

<https://www.who.int/immunization/research/development/influenza/en/>

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6937a6.htm>



## GET TO KNOW: RACHEL LINFIELD



Rachel is a new Clinical Research Coordinator at Massachusetts General Hospital and is excited to be a part of the WIND Study. Her favorite part of the WIND Study is reaching out to parents and getting to know more about how their children are doing! She graduated from Princeton University with a degree in the History of Science. She hopes to attend medical school and pursue research in women's health. She loves working for the WIND Study because she hopes this research will help prevent children from developing asthma in the future. A fun fact about Rachel is that she is one of seven children and has lived in seven different states. She is so excited to continue reaching out to all participants and help coordinate research visits!