

FOR IMMEDIATE RELEASE

August 24, 2020

DON'T FORGET TO GET YOUR FLU SHOT

This season a flu vaccine is more important than ever. Both COVID-19 and Influenza (flu) can have varying degrees of signs and symptoms, ranging from no symptoms to severe symptoms. It may be hard to differentiate between the two viruses when symptoms arise. Common symptoms that COVID-19 and flu share include:

- Fever;
- Cough;
- Shortness of breath;
- Fatigue;
- Sore throat;
- Runny or stuffy nose;
- Headache; and/or
- Vomiting and diarrhea.

Visit the following link for more information on the similarities and differences between flu and COVID-19: <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>.

Who Should Get Vaccinated?

- Children aged 6 through 59 months;
- Adults over 50 years old;
- Persons who are immunocompromised;
- Women who are or will be pregnant during flu season;
- Children at risk for Reye Syndrome associated with flu;
- Residents of nursing homes and long-term care facilities;
- Persons who are clinically obese; and
- Caregivers and contacts of those at risk including health care workers, household members of persons identified above, and household members and caregivers of those with medical conditions associated with increased risk of severe complications from flu.

Visit the following link for a list of resources to help prepare for the 2020-2021 flu season and what you need to know: <https://www.cdc.gov/flu/index.htm>.

Please follow our Facebook page at <https://www.facebook.com/MarshallCountyHD/> or go to the Indiana State Department of Health's website at www.isdh.in.gov/coronavirus for up-to-date information on COVID-19.

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