

**By Chad Felton**

*cfelton@news-herald.com*  
*@believethatcfnh on Twitter*

With flu season and the ongoing novel coronavirus pandemic overlapping, Lake Health is encouraging individuals to get the influenza vaccine.

“Getting a flu shot is important because it is the most effective way to prevent influenza and reduces its severity for those who do get influenza,” said Dr. David Hutt, infectious disease specialist with Lake Health.

“The influenza vaccine helps protect your family and others around you and also protects the community from rapid spread.”

While everyone over the age of 6 months is recommended to receive the influenza vaccine, Hutt noted high-risk individuals – pregnant women, people with asthma, diabetes or other chronic conditions – remain at risk for serious complications from influenza.

**Where to get the flu shot**

## Symptoms



Fever



Fatigue



Cough



Sneezing



Aches and pains



Runny or stuffy nose



Sore throat



Diarrhea



Headaches



Shortness of breath

## Coronavirus

Symptoms range from mild to severe

Common

Sometimes

Common\*  
(usually dry)

No

Sometimes

Rare

Sometimes

Rare

Sometimes

Sometimes

## Cold

Gradual onset of symptoms

Rare

Sometimes

Mild

Common

Common

Common

Common

No

Rare

No

## Flu

Abrupt onset of symptoms

Common

Common

Common\*  
(usually dry)

No

Common

Sometimes

Sometimes

Sometimes  
for children

Common

No

Sources: World Health Organization, Centers for Disease Control and Prevention

SUBMITTED