



Flu season is around the corner!

Influenza (the flu) and coronavirus disease 2019 (COVID-19) are both contagious infections caused by viruses that spread through respiratory droplets. They can cause mild to severe illnesses and similar symptoms, including fever, cough, body aches and fatigue

While they share some similarities, [the flu and COVID-19](#) are caused by different viruses. [The flu](#) can be caused by several types and strains of the influenza virus. Flu viruses can be detected year-round in the U.S., but illnesses tend to be more common during the fall and winter months.

According to the CDC, getting the [flu vaccine](#) each year is the best way to help protect against the flu. During the pandemic, getting the flu shot may be even more important. Receiving a flu vaccine can help preserve health care resources and protect vulnerable populations. For example, both the flu and COVID-19 can cause you to become sick enough that you need to see your healthcare provider or even be hospitalized. But getting the flu vaccine has been shown to reduce the risk of flu-related doctor visits and hospitalizations, which can potentially free up valuable medical resources for other people.

Marinette County Public Health will be offering free flu vaccines to Marinette Primary School students on Thursday, October 20th. Please watch your email for more information.