

# CHENANGO COUNTY HEALTH DEPARTMENT

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# PRESS RELEASE

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## Getting vaccinated for Flu and COVID-19

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus and flu is caused by infection with one of the influenza viruses. It is important to get vaccinated for both. Because some of the symptoms of flu, COVID-19, and other respiratory illnesses are similar, it is important to get tested when you are ill to confirm a diagnosis. Getting vaccinated for COVID-19 and receiving a yearly Influenza vaccine is the best way to protect yourself from serious illness.

Compared to flu, COVID-19 can cause more serious illness in some people and a larger number of deaths. The U.S. death toll from COVID-19 surpassed 700,000 last week. An overwhelming majority of Americans who have died in recent months were unvaccinated. In comparison, data from the Centers for Disease Control and Prevention shows that 22,000 passed away from the flu during the 2019-2020 flu season. Even in the deadliest flu season of the last decade, 2017-2018, 61,000 people died.

While the virus that causes COVID-19 and flu viruses are thought to spread in similar ways, the virus that causes COVID-19 is more contagious than flu viruses. Also, COVID-19 has been observed to have more superspreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people in close contact with one another and result in continual spreading among people as time progresses.

Serious flu and COVID-19 illness resulting in hospitalization and death can occur even in healthy people. Get vaccinated to protect yourself and your family. Contact your health care provider to get your yearly Influenza vaccine and COVID-19 vaccine if you have not already gotten one.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>

<https://coronavirus.health.ny.gov/home>

<https://www.health.ny.gov/diseases/communicable/influenza/>

<https://www.cdc.gov/flu/index.htm>

Persons with questions or requiring additional information may contact the  
Chenango County Health Department at **(607) 337-1660**.

*Promoting and protecting health, safety, and the quality of life in Chenango County*