



A message from the Branchburg Health Officer, Vanessa Freire:

Protect Your Health This Fall and Winter Season

Branchburg residents are urged to get a flu shot this year. While there is no vaccine to protect against COVID-19 yet, there is a flu vaccine that can protect against getting influenza, another contagious respiratory disease.

It's not possible to say with certainty what will happen in the fall and winter. CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever to protect yourself, your family and your community from flu. CDC recommends that all people 6 months and older get a yearly flu vaccine. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients.

Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include:

- Young children
- Pregnant women
- People with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Many people at higher risk from flu also seem to be at higher risk from COVID-19.

How to Prevent the Flu and COVID-19

1. Get a flu vaccine
2. Wash hands often using soap and water or alcohol-based hand sanitizer
3. Cover your coughs and sneezes
4. Avoid close contact with people who are sick
5. Clean and disinfect surfaces and objects that may be contaminated with viruses

The more people vaccinated; the more people protected. Do your part. Get a flu shot this season!



COVID-19 COMPARED TO SEASONAL INFLUENZA

Red indicates the most common first symptom for each illness

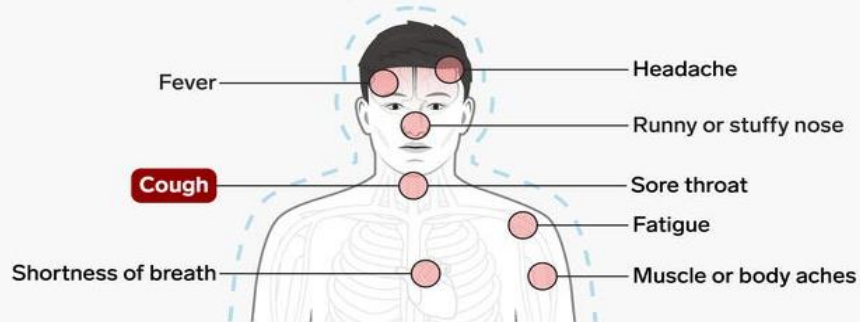
COVID-19

Symptom onset: Gradual



Seasonal influenza

Symptom onset: Abrupt



Information from CDC and NJDOH