

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Don't get caught without your annual flu shot!

Can spread before showing symptoms, during very mild symptoms, or without any symptoms at all

**BOTH
COVID-19
AND influenza**

Act on the respiratory system, causing cough, trouble breathing, sore throat, and a runny or stuffy nose

Spread by droplets made when an infected person coughs, sneezes, or talks

Can cause severe illness and complications that can lead to death, especially in older adults and people with certain medical conditions

Some studies have found that the flu shot can create **bystander immunity**; This means that it might also protect us from viruses that are similar to the influenza (flu) virus, including the SARS-CoV-2 virus that causes COVID-19

PRxN will be hosting flu shot clinics this year

The flu vaccine is recommended **EVERY YEAR** for everyone ages 6 months and older. It protects us from serious illness, injury and death caused by the flu virus. It also protects us from the financial burden of expensive medical bills and time missed at work.

Protect yourself and others in your community from the flu: get your flu shot!

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7194943/?log\\$=activity](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7194943/?log$=activity)

Rebecca Menghi,
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At Pequot Health Care, we are dedicated to maintaining your good health!



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