



Chisago County  
Health and Human Services  
Public Health Division



**FOR IMMEDIATE RELEASE**

(09/18/20)

**The Fear of "Twindemic"**

**\*\*MEDIA ADVISORY\*\***

The thought of COVID-19 getting to a worse state than it currently is, gives us all chills, but what would make this fall and winter even worse: a severe flu season, resulting in a "twindemic." According to the CDC, flu season occurs in the fall and winter, peaking from December to February, and so was nearing its end as the pandemic began to flare in the U.S. in March.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, has been imploring people to get the flu shot "so that you could at least blunt the effect of one of those two potential respiratory infections."

The flu shares symptoms with covid-19: fever, headache, cough, sore throat, muscle aches and fatigue. Flu can leave patients vulnerable to a harsher attack of covid-19, doctors believe, and that coming down with both viruses at once could be dangerous. It's more important than ever to get a flu vaccine, especially for people at higher risk of serious illness from flu and COVID-19. Flu vaccination can also help not overwhelm the health care system. Visit [Influenza \(Flu\)](#) for more information.

For the latest information about COVID-19 in Chisago County, visit @ChisagoCountyPublicHealth on Facebook or the [Chisago County COVID-19 Information Page](#).