



**FOR IMMEDIATE RELEASE**

October 9, 2020

## **CHA Updates: The flu vaccine is more important now than ever and COVID-related death information**

**Kannapolis, N.C.** – Cabarrus Health Alliance is urging residents to get vaccinated against the flu, now more than ever, as Cabarrus County continues to feel the impact of the COVID-19 pandemic.

“The best protection against the flu, is the flu shot,” said Dr. Bonnie Coyle, CHA Health Director. “Getting your flu shot provides another layer of protection for you and your loved ones, since we know that people can get sick with COVID and the flu at the same time.”

The Centers for Disease Control and Prevention (CDC) recommends anyone six months and older to be vaccinated against the flu. Vaccination against the flu can make illness symptoms milder and reduce the risk of more serious outcomes. It is especially important for those at higher risk of complications, such as people 65 and older, children younger than 5, pregnant women and those with chronic disease or medical conditions to be vaccinated. Some of these groups are also at higher risk for complications associated with COVID-19.

There is currently no vaccine for COVID-19. To prevent the spread of COVID, people should practice social distancing, wear face coverings, wash their hands regularly and stay home if they are sick. These measures can also reduce the spread of the flu.

“For the last several weeks, our COVID-19 percent positive data has seemed to stabilize between five-percent and less than seven-percent,” said Coyle. “As we continue to monitor local COVID data, we have updated our data dashboard to include age data for those who have died due to COVID-19 related illness.”

The Cabarrus County death rate associated with COVID-19 related illness is slightly higher than the state, but lower than the national average.

Although the full range of short- and long-term effects associated with COVID-19 are not fully known, as the pandemic unfolds the CDC is closely monitoring the impact of the virus on many organs, including the lungs and heart.

Flu vaccinations are available at hospitals, pharmacies, private medical offices, some federally qualified health care centers and local health departments. Visit [www.cdc.gov/flu/freeresources/flu-finder-widget.html](http://www.cdc.gov/flu/freeresources/flu-finder-widget.html) to find locations.

For update-to-date Cabarrus County COVID-19 data, [www.cabarrushealth.org/579/Cabarrus-County-COVID-19-Data](http://www.cabarrushealth.org/579/Cabarrus-County-COVID-19-Data). Due to the low number COVID-19 related deaths in Cabarrus County, health officials will provide updates to this data, the first Thursday of every month.

###

## COVID-19 Health Impact Key Findings – Public Health Ontario Synopsis

At this stage of the COVID-19 pandemic, there are few peer-reviewed studies examining the occurrence or prevalence of long-term sequelae associated with COVID-19.

- There is some evidence that olfactory dysfunction (e.g., dysosmia) and gustatory dysfunction (e.g., dysgeusia) are relatively common long-term sequelae associated with COVID-19 infection.
- Multisystem inflammatory syndrome in children (MIS-C) has been associated with SARSCoV-2 infection in several studies. MIS-C may have long-term sequelae.

Cardiovascular, pulmonary and other neurological sequelae may be expected based on the pathophysiology of COVID-19 or what is known regarding other infectious diseases.

Additional long-term sequelae that may be anticipated based on knowledge of Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) include anxiety, cardiovascular system abnormalities, depression, glucose metabolism disorders, hyperlipidemia, lipid metabolism dysregulation, post-traumatic stress disorder and reduced lung capacity. Background As the COVID-19 pandemic has progressed, there has been growing awareness of the long-term impacts

Public Health Ontario. (2020, July 10) Long-Term Sequelae and COVID-19 – What We Know So Far [Synopsis].

<https://www.publichealthontario.ca/-/media/documents/ncov/covid-wwksf/2020/07/what-we-know-covid-19-long-term-sequelae.pdf?la=en>