

From the Office of the Superintendent of Schools

September 22, 2020

Dear Cape Elizabeth Community,

We encourage everyone to be sure to get a flu vaccine this year. Although public health officials cannot predict exactly what will happen this fall and winter, flu will likely arrive while COVID-19 is still circulating, and that makes it even more important for you to get a flu vaccination. Flu vaccine has been shown to reduce the risk of getting the flu by about half, and importantly also reduces the risk for severe illness and hospitalization for those who do get the flu. The vaccine also helps to ensure that hospitals and medical resources are available for COVID-19 patients and others who need them.

Due to Coronavirus Disease 2019, our usual vaccination provider is not available this year and we will not be able to offer our annual community flu clinic. However, it is still important that you find time to get yourself and your family vaccinated against the flu. Vaccine is currently available in most healthcare provider offices, urgent care centers and pharmacies. To find a flu clinic, search your zip code on [Vaccine Finder](#) or [CDC.gov/flu](https://www.cdc.gov/flu) or search the listings on [211maine.org](https://www.211maine.org).

Even in a typical year it's not possible to predict when the flu season will start or how severe it will be. However, if we continue to follow the recommended [Everyday Prevention Measures to Fight Flu](#) and [COVID-19 prevention measures](#), it is possible that the upcoming flu season could be less severe than usual.

For more information on the flu and COVID-19, please visit these websites:

[Similarities Between Flu and COVID-19](#)
[COVID-19 vs. Flu, Seasonal Allergies and Asthma](#)
[Frequently Asked Influenza \(Flu\) Questions: 2020-21 Season](#)
[Healthy Habits to Prevent Flu](#)