

## FLU SEASON IS UPON US

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LIFE EDITOR

On top of COVID-19 looming around us, flu season has arrived. This flu season is unique due to the already-present pandemic.

The CDC said getting an influenza vaccination this year is more important than ever. Flu vaccines protect against the four most common flu viruses. Getting a flu vaccine this year will help to prevent flu hospitalizations and deaths on top of COVID hospitalizations and deaths. It will also prevent unnecessary COVID scares that

cause people to have to quarantine and put their lives on pause without even being actually exposed.

The flu vaccine, however, does not make you instantly immune to the flu. There is a two-week period following the vaccine where your body is building up the immunity. In addition, the flu vaccine only protects against the most common strains of the flu during that season. The vaccine can still reduce the severity of the illness if you do still get sick with the flu.

A common myth surrounding flu vaccines is that you can get the flu from the vaccine.

However, this is untrue -- you may experience mild side-effects following the vaccine, but you cannot get the flu from the flu vaccine. You need to get a flu vaccine every year, and only one dose of the vaccine is recommended per season.

Getting the flu vaccine also protects those around you. By getting the vaccine, you can protect babies who are too young to get it or immunocompromised people from the spread of the flu.

Flu vaccines are available at local pharmacies as well as Walmart, Sam's Club, Kroger, Walgreens and CVS.

### HELP PREVENT THE SPREAD

- Wear a face mask
- Avoid contact with people who are sick, or limit contact with others if you are sick
- Cover your nose and mouth when you sneeze or cough
- Wash your hands frequently, especially after sneezing or coughing
- Avoid touching your eyes, nose and mouth
- Clean and disinfect high-touch surfaces
- If you get the flu, stay home for 24 hours after your fever is gone

### KNOW THE SYMPTOMS

- Fever or feeling feverish/chills, though not every flu has a fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Some people may have vomiting and diarrhea (more common in children)

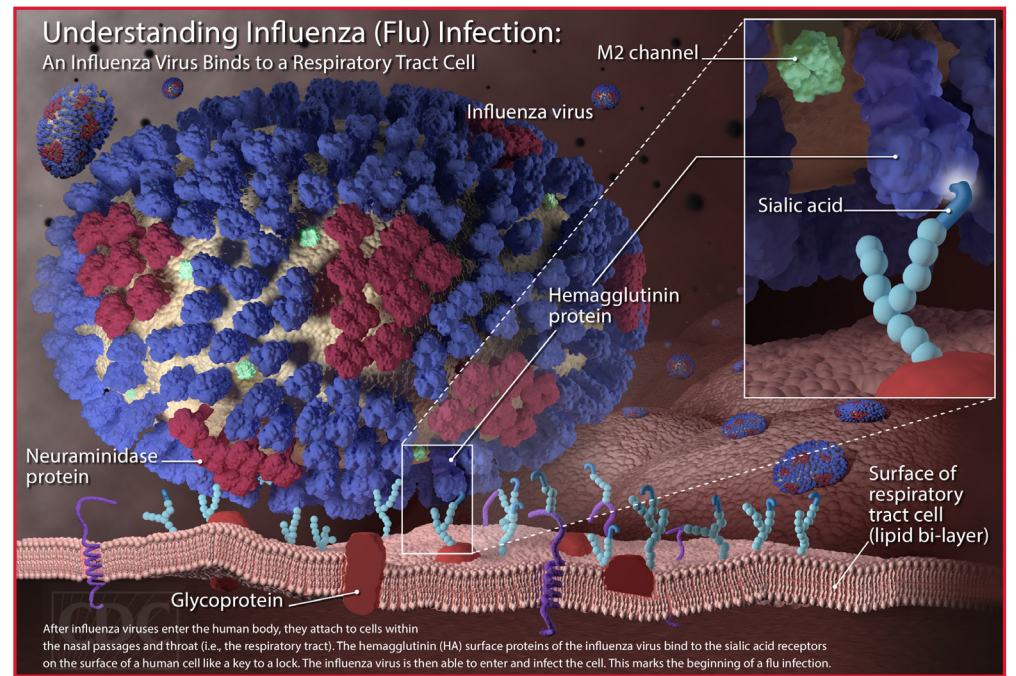


PHOTO COURTESY OF THE CDC  
The above photo shows and explains what the flu virus does once it enters the body.

## Comparing, contrasting COVID-19 and influenza

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Influenza and COVID-19 are similar by their symptoms and are both contagious respiratory illnesses, but are caused by different viruses. The symptoms they share are fever, cough, shortness of breath or difficulty breathing, fatigue, sore throat, runny or stuffy nose, muscle pain or body aches, headache and vomiting or diarrhea experienced by some. COVID-19 can also cause change in or loss of taste or smell, while this is not a common symptom of the flu.

There are also different time periods before symptoms can appear. With the flu, the symptoms generally appear one to four days after infection, while

COVID-19 symptoms appear as early as two days after infection, or as late as 14 days. This is why those exposed to COVID quarantine for up to two weeks following exposure.

People with the flu are contagious for about one day before they show symptoms, older children and adults with the flu are generally most contagious during the initial three to four days of their illness, but many remain contagious for around seven days. It's possible for people to spread COVID-19 for up to two days before experiencing signs or symptoms and they remain contagious for at least 10 days after signs or symptoms appear. If someone is asymptomatic or their symptoms go away, it's possible

to be contagious for at least 10 days after testing positive for the virus.

The spread of the viruses is very similar. They are spread by droplets made by sneezing, coughing or talking between people in close contact. They can also be spread by touching common surfaces and then touching their nose, mouth or eyes. They can also both be spread before symptoms appear. However, COVID-19 is more contagious than the flu.

These are main differences and similarities for people to be aware of between the viruses. There are other differences and similarities shared by the CDC, including effects on people at high risk for illnesses, complications and treatments.

## THIS WEEK'S POP PICK

### "Over The Garden Wall"

"Over The Garden Wall" is a cartoon miniseries from 2014. It aired on Cartoon Network, and can be streamed on Hulu.

The show follows half-brothers Wirt (Elijah Wood) and Greg (Collin Dean) who get lost in a magical forest



PHOTO COURTESY OF ARTS AT MICHIGAN

called The Unknown on their way home. They come across a number of interesting things along the way, including a talking bird named Beatrice (Melanie Lynksey), a town full of pumpkin-headed skeletons and a mysterious woodsman (Christopher Lloyd) who warns them about something called The Beast. It is later revealed, despite the old timey fashion and setting, it is actually Halloween night in modern times when the boys got lost.

This show is perfect to watch at this time of year, with the gloomy setting and unnerving encounters featured in the show. It is also great for fans of shows such as Disney's "Gravity Falls" and Cartoon Network's "Adventure Time."

## HOROSCOPES

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MYSTIC CORRESPONDENT

<p><b>+</b> <b>ARIES</b> (March 22 - April 19)</p> <p>You are moving toward some sort of breakthrough. Look for things that stimulate you and inspire you to keep going.</p>	<p><b>TAURUS</b> (April 20 - May 20)</p> <p>You need to come to terms with the fact that you cannot always be in control, but this does not mean you should take everything lying down.</p>	<p><b>GEMINI</b> (May 21 - June 20)</p> <p>It is a good idea to put an idea you've been holding onto in motion. Devote yourself to accomplishing a goal.</p>	<p><b>CANCER</b> <b>+</b> (May 21 - July 22)</p> <p>You are feeling uncertain about something in your life right now. Address it to find a new sense of security.</p>
<p><b>LEO</b> (July 23 - Aug. 22)</p> <p>There is a mutual respect between you and those around you. You should begin to feel more comfortable in your workspace.</p>	<p><b>VIRGO</b> (Aug. 23 - Sept. 22)</p> <p>Don't feel discouraged if you are not getting the results you hope for from something. Your work is not for nothing.</p>	<p><b>LIBRA</b> <b>+</b> (Sept. 23 - Oct. 22)</p> <p>You are judging yourself harshly and it is causing you to miss opportunities. Stop overthinking every move you make.</p>	<p><b>SCORPIO</b> (Oct. 23 - Nov. 21)</p> <p>You may be struggling to control your emotions and impulses. If this is the case, take a step away from stressful situations.</p>
<p><b>SAGITTARIUS</b> (Nov. 22 - Dec. 21)</p> <p>Reevaluate your decisions. You know when to stop investing your time and energy into things that are not serving you.</p>	<p><b>CAPRICORN</b> (Dec. 22 - Jan. 19)</p> <p>Disaster is unavoidable. However, it does not mean you will have to suffer. Become more self-reliant.</p>	<p><b>AQUARIUS</b> (Jan. 20 - Feb. 18)</p> <p>A major phase in your life is ending, and it is time for something new to start. Keep an open mind and focus your energy on moving forward.</p>	<p><b>PISCES</b> <b>+</b> (Feb. 19 - March 21)</p> <p>You have pushed through hardships and not cut corners, and that will pay off. Take comfort in your accomplishments.</p>