

## **Remaining Vigilant this Flu Season amid COVID-19 Pandemic (*Interview Transcripts*)**

**Bill Walsh, M.D., Chief Medical Officer, OSF HealthCare Little Company of Mary Medical Center**

“This fall, with both flu and COVID to concern ourselves with, I think it makes it even more important to do your part and get the flu vaccine. As soon as your healthcare provider starts to offer flu shots is a good time to get it. It will protect you for the entire flu season.” (:16)

**Bill Walsh, M.D., Chief Medical Officer, OSF HealthCare Little Company of Mary Medical Center**

“Masking does work. It works to help prevent the spread of germs. It will help protect you from getting a cold, the flu, and COVID if you mask and others mask. Keep that in mind as you go through this coming fall and winter. Masking, keeping your distance, and washing your hands are the best ways to stay safe – outside of the now fully FDA approved (Pfizer) COVID vaccine as well as the flu vaccine.” (:32)

**Bill Walsh, M.D., Chief Medical Officer, OSF HealthCare Little Company of Mary Medical Center**

“It used to be that if you or your children were sick, you’d give them a little Tylenol and send them off to school or take Tylenol yourself and go to work because you weren’t worried so much about getting other people sick. This year more than ever, when you’re sick please stay home from work and keep your kids home from school.” (:20)

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“If you have any symptoms that are concerning to you, please seek care, get tested, figure out what is going on – especially if you are having difficulty breathing. If you feel short of breath, it is important to know if you have the flu, COVID, or something else. Is it a bacterial pneumonia? There are many reasons to be short of breath.” (:22)