

Experts Explain Why All Should Get a Flu Shot and Wear Masks



On the latest Path Forward, Chamber President Suzanne Clark spoke with experts about the importance of flu shots and masks as we enter the fall and winter months.

Why it matters: Seven months into the pandemic, we have a better idea of how to protect ourselves from COVID-19 so businesses can stay open and our economy can stay headed in the right direction.

What they said:

- “This year, it’s more important to protect yourself and your family from influenza,” said Meijer Specialty Pharmacy’s Heather Schultz. And people are listening. “We’re seeing an increase in demand for flu vaccinations this year.”
- “If people get sick from influenza they may require the same care as those with COVID might,” explained Dr. Nahid Bhadelia of Boston University’s School of Medicine and Medical Center.
- “Find a mask that’s comfortable, because that’s what will drive you to wear it the most,” said Gihan Amarasiriwardena, co-founder and president of Ministry of Supply.
- “Visualization on a supercomputer has been one of the most effective ways” of informing the public about why masks are important, said Dr. Satoshi Mastuoka of the Riken Center for Computational Science.

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