



Dear Hartford HealthCare patient:

Exactly six months ago, COVID-19 hit Connecticut. At Hartford HealthCare, we began to care for our state's first coronavirus patients. Across the Northeast, life began to change — businesses closed, schools switched to online learning, and we adapted to the new rules of masking and physical distancing.

It seems like only yesterday; it seems like a lifetime ago.

With a half-year's hard-earned experience, we can note the lessons learned. Thanks to good health practices, we did flatten — then bend — "the curve" of infection. Connecticut has consistently been a national leader in low rates of infection and hospitalization.

We can't let up. This week, virus numbers in our state are again on the rise. The number of coronavirus hospitalizations — still far below the mid-April peak — are at their highest levels in two months. The rate of positive tests has now crept above 1%; still low but not as low as it's been.

What can you do? How can my colleagues and I help?

First, we all need to continue the practices that have served us so well for so many months: physical distancing, wearing a face covering over mouth and nose in public, avoiding large groups and checking for signs and symptoms.

And now: *Get a flu vaccine.*

It has never been more important to protect yourself against flu. This year, we are confronting two viruses — influenza and COVID-19 at the same time. Some are calling this a "twindemic." It needn't be.

Here is how Hartford HealthCare is helping:

- [Hartford HealthCare Medical Group](#) offices have ample supply of vaccine available in all primary care offices — including high-dose vaccines for seniors. Call your doctor's office to schedule a flu shot.
- Hartford HealthCare's GoHealth urgent care centers also offer vaccines. Find a location near you at [GoHealthUC.com/CT](https://www.gohealthuc.com/CT).
- And, very soon, Hartford HealthCare will provide drive-up testing during weekends at convenient community locations across the state. Look for more information on dates and locations coming soon.

Six months ago, when the pandemic began in our region, very few people could have imagined we would still be dealing with it after Labor Day, during a new school year, when flu season is about to begin. But this is where we find ourselves. We cannot let up.

Throughout this health crisis, Hartford HealthCare's commitments to you have been simple and straightforward: to provide you with more access and expertise close to home, and offer information to keep you safe and healthy.

Thank you. And please: Get a flu vaccine.

Sincerely,

Jeffrey A. Flaks  
President and Chief Executive Officer

**Here are other ways to stay safe and informed:**

- Our Emotional Support Line and Community Care Center, available 24/7: [1.833.621.0600](tel:18336210600)
- [COVID-19 Testing](#)
- [Symptom Screener](#)
- [Virtual Visit Information](#)
- [Our Health News Hub](#)
- [Our Website](#)