

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- Now is the time to Protect yourself from COVID-19, Flu, and RSV
- Vaccines available now!



### COVID-19 PROTECTION

CDC now recommends everyone 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness this fall and winter. Updated COVID-19 vaccines from Pfizer-BioNTech and Moderna are now available.

Vaccination remains the best protection against COVID-19-related hospitalization and death. Vaccination also reduces your chance of suffering the effects of Long COVID, which can develop during or following acute infection and last for an extended duration. If you have not received a COVID-19 vaccine in the past 4 months, get an updated COVID-19 vaccine to protect yourself this fall and winter.

Most Americans can still get a COVID-19 vaccine for free. For people with health insurance, most plans will cover COVID-19 vaccine at no cost to you. People who don't have health insurance or with health plans that do not cover the cost can get a free vaccine from their local health centers; state, local, tribal, or territorial health department; and pharmacies participating in the CDC's Bridge Access Program. Children eligible for the Vaccines for Children program also may receive the vaccine from a provider enrolled in that program.

Respiratory syncytial virus, or RSV is a common respiratory virus that usually causes mild, cold like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and may need hospitalization.

**Vaccines are now available to protect older adults from severe RSV.**

### FLU VACCINE

Flu shots will remain available at no cost through most insurance plans including Obamacare. Medicare Part B also covers flu shots for adults 65 and older.

## RESOURCES

- Questions and answers from Dr. Cohen, director of the CDC: [https://youtu.be/Tf-vG\\_eTN1k](https://youtu.be/Tf-vG_eTN1k)
- Interesting data about Hospitalizations and Deaths due to Covid-19: [https://covid.cdc.gov/covid-data-tracker/#maps\\_percent-covid-deaths](https://covid.cdc.gov/covid-data-tracker/#maps_percent-covid-deaths)
- Visit <https://www.cdc.gov/respiratory-viruses/index.html>

## MORE INFORMATION

Please contact Park County Public Health Agency at 719-836-4162 to check on Flu, COVID and RSV vaccine availability.



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