



Park County Public Health

September 2023 Newsletter

New vaccines to prevent COVID-19 are expected to come mid-to-late September 2023. Call 719-836-4162 or check this link for the latest information <https://covid19.colorado.gov/staying-up-to-date>

Q: What vaccines should you get, and is it safe to get *COVID-19, *RSV and *flu vaccines at the same time?

A: Getting the coronavirus and flu vaccines simultaneously was shown to be safe last year. Health officials expect the same to hold true for those who want to add RSV vaccine.

*On June 15, 2023, an FDA advisory committee [met](#) to talk about COVID-19 vaccines and additional strains of the COVID-19 virus. They recommended that COVID-19 vaccines should be updated to provide protection against the Omicron variant XBB.1.5 for use by the fall of 2023

*The FDA approved the RSV vaccines in May 2023 for those over 60. In early August, the CDC [recommended](#) that infants less than 8 months old receive the Beyfortus, and that those ages 8 months to 19 months also receive it if they are at risk of severe RSV disease.

*The CDC [published](#) its 2023-2024 flu-vaccine recommendations in late June and said that everyone six months and older should be vaccinated. It's most important for adults over 65, children under 5 and those with weak immune systems to be sure to get their flu shots. **Influenza vaccine should be available in our office mid-September call 719-836-4162 for more information.**

What other vaccines (shingles, pneumococcal) should people think about?

Now is the time to sit down with your provider to talk about what vaccines may be available. There are also online resources such as the [CDC's vaccinations and immunization page](#), where you can link to an online [vaccine assessment tool](#) that can recommend vaccines based on age, travel plans, and other factors. Many people may be eligible for new pneumonia vaccines, based on their age or some underlying conditions. The shingles vaccine offers excellent protection.

Whatever vaccines you're eligible for, get them as soon as you can, because it takes a couple of weeks to take full effect. Please contact your Primary Care Physician's office.

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy. For more information go to:

<https://www.cdc.gov/hygiene/personal-hygiene/hands.html>

Park County Public Health Agency

719-836-4161