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NORTH CENTRAL PUBLIC HEALTH DISTRICT

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Public Service Announcement

Date: Feb. 2, 2024
To: All Media
From: Shellie Campbell, Director
North Central Public Health District
Subject: **Respiratory Season is Still Ongoing; Flu and COVID-19 Vaccines Recommended**

It's still a good time to get seasonal flu and COVID-19 vaccines.

Influenza, COVID-19, and RSV are all very common right now. If you have not gotten a flu or COVID vaccine this season, now is a good time.

The CDC reports that more people are being diagnosed with flu than COVID in emergency rooms. However, COVID-19 is currently causing more people to be hospitalized.

Both flu and COVID vaccines can prevent you from getting sick and make the symptoms less severe if you do get sick. People who get vaccinated also help protect their family members from getting sick.

Dr. Christopher Van Tilburg, Health Officer at North Central Public Health District, said, "Getting your COVID and flu vaccinations is a quick, easy, and safe way to protect yourself and your family from the most serious complications of both illnesses."

Each year's flu vaccine protects against different types of flu, which is why the CDC recommends that everyone who is at least 6 months old should get a flu vaccine every year. Similarly, the most recent COVID-19 vaccine protects against different strains than the original version.



If you have not gotten a COVID vaccine this season, the CDC recommends that you get the current vaccine to protect against the current strains.

For information about where to get flu and COVID shots in Sherman and Wasco counties, go to <https://www.ncphd.org/communicable-disease-landing-page>

(For more information, please contact North Central Public Health District at (541) 506-2600, visit us on the web at www.ncphd.org or find us on Facebook.)

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