

Guide to Respiratory Virus Season

Respiratory illnesses like Influenza virus (flu), COVID-19, and Respiratory Syncytial Virus (RSV) spread easily in fall and winter, when people spend more time together indoors. These illnesses affect your respiratory system and therefore your breathing. When multiple viruses are spreading, it can strain the healthcare system and make it harder to access care for other issues, as well.

Who is at risk? Most people recover from respiratory illnesses with rest at home, but even common illnesses can turn serious. Infants and young children, older adults, and people with underlying health complications are at higher risk for severe illness.

Why vaccinate? Immunizations can mean the difference between recovering at home and ending up in the emergency department. They are one of the most powerful prevention tools we have. Along with steps like washing hands and staying home if you are sick, it is important to stay up to date on all recommended vaccines for your age and health status. Vaccines are a safe and effective way to protect against hospitalization, long-term complications, or death from these diseases.

Symptoms and care:

Symptoms vary. The most common include runny nose, coughing, sneezing, tiredness, fever, and sore throat.

- If you have mild symptoms and are not high-risk: Stay home and away from others, take over-the-counter medications to ease symptoms, rest, and drink plenty of fluids.
- If you have more intense, persistent symptoms or are part of a high-risk group: Call your healthcare provider or local clinic.
- If you have extreme symptoms such as trouble breathing: Seek immediate medical attention.

More information online:

www.flufreewa.org
www.snohd.org/covidvaccine
<https://bit.ly/doh-rsv>
www.snohd.org/immunizations



Vaccinate

Your best defense against respiratory illnesses



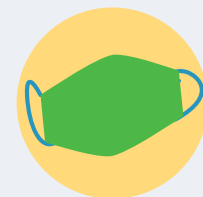
Wash hands

Frequently wash your hands with soap and water



Isolate if sick

Monitor symptoms and prepare to isolate from others if sick



Consider wearing a mask

in indoor crowded spaces



SNOHOMISH COUNTY
HEALTH DEPARTMENT

Fall 2023 Immunizations Cheat Sheet

	Annual Flu Shot	Updated COVID-19 Vaccine	RSV Immunization
Who	Everyone 6 months and older		Older adults (60+), pregnant people 32-36 weeks, infants up to 8 months, and some children 8 to 19 months. Talk to your healthcare provider for further guidance.
What	A yearly vaccine that is your best protection against flu. It takes about two weeks to be fully effective after your shot.	Protection against severe illness, hospitalization, or death due to COVID-19. The 2023-24 vaccine is updated to protect against highly contagious variants of the virus.	A vaccine to protect against RSV for eligible adults. Babies can receive monoclonal antibodies – lab-made proteins that provide a similar type of protection as a vaccine.
When	Preferably by end of October, though the vaccine still is available later.	At least two months after your last COVID vaccine. Ask your healthcare provider about timing if you've recently tested positive.	Talk to your healthcare provider to determine with them if you (or your baby) are eligible.
Where	Your local clinic or pharmacy. Check out www.vaccines.gov or call the Help Me Grow Washington hotline at 1-800-322-2588 to find a location.	Your local clinic or pharmacy. Check out www.vaccines.gov , text your ZIP Code to 438829, or call 1-800-232-0233.	Ask your regular healthcare provider or clinic if they offer RSV immunization.
How much	Many insurance plans including Apple Health (Medicaid, Medicare) cover these vaccines. There may be a co-pay or administration fee. Children under age 19 can get the vaccine at no cost to them, but there may be an administration fee that your provider can waive if you're unable to pay. Some clinics offer no-cost, reduced cost, or "sliding scale" fee options. Ask your local clinic or call 1-800-322-2588 for help finding flu vaccine locations. Go to www.vaccines.gov , search by ZIP Code, and select "Bridge Access Program" to find no-cost COVID vaccine for uninsured adults.		Many insurance plans cover these immunizations to some degree for eligible individuals, but there may be charges for office visits or associated fees. If you aren't sure, call your insurance provider.

www.flufreewa.org • www.snohd.org/covidvaccine • <https://bit.ly/doh-rsv> • www.snohd.org/immunizations