

# MEDIA RELEASE

ERIE COUNTY DEPARTMENT OF HEALTH



## FOR IMMEDIATE RELEASE

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## Vaccines recommended for fall/winter season

Erie, PA — For this fall and winter virus season, vaccines are available for COVID-19, flu and respiratory syncytial virus (RSV). These are the three viruses responsible for most hospitalizations.

The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older get an updated COVID-19 vaccine, if you have not gotten it in the past two months.

The benefit of vaccination is that it is the best protection for the body against severe illness, lessens the likelihood of hospitalization and developing long covid. The COVID-19 virus is always changing. Getting an updated COVID-19 vaccine helps protect against new virus variants and extends the vaccine's effectiveness.

Ask your primary care provider about flu and RSV vaccines. *For COVID-19 vaccination sites, text ZIP Code to 438829, visit [vaccines.gov](https://vaccines.gov) or call 1-800-232-0233.*

### Importance of testing

Community members, vaccinated or unvaccinated, are recommended to get tested for COVID-19 if they have been exposed to anyone who has COVID-19 or if they have symptoms such as sore throat, coughing, upper respiratory congestion, difficulty breathing, fever or chills, muscle or body aches, vomiting or diarrhea, or loss of taste or smell. Testing results can help determine appropriate care and treatment if needed.

*For COVID-19 testing sites, visit [testinglocator.cdc.gov](https://testinglocator.cdc.gov).*

### Preventing infections

COVID-19, flu and RSV can spread through coughing, sneezing or even just talking. Prevent the spread of infections with these reminders:

- Cover your mouth when coughing or sneezing.
- Wash your hands regularly.
- Avoid sharing personal items such as eating or drinking utensils, toothbrushes, and towels.
- If you are (or live, work or have contact with someone who is) at high risk for severe illness or have a weak immune system, consider wearing masks indoors and at gatherings.
- Stay home if you are not feeling well.

The community is welcome to contact the Erie County Department of Health for guidance on COVID-19. For details on how to stay up to date on vaccines, how to use self-test kits, preventing spread of COVID-19 and other information, contact 814-451-6700 or [covidresponse@eriecountypa.gov](mailto:covidresponse@eriecountypa.gov).

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