



Get vaccinated!

Vaccinating against the flu and COVID-19 remains the most effective way to protect yourself, your loved ones and the community.

Would you get a vaccine to prevent breast cancer? Most would. Did you know the flu kills as many patients as breast cancer? The flu vaccine is highly effective at preventing death.



Flu Shots

- We expect as severe or more severe flu season than last year.
- Flu vaccines significantly decrease the risk of getting the flu and significantly decrease your risk of a severe flu illness.
- Up to 52,000 people die of the flu annually (~42,000 die annually of breast cancer).



COVID-19 Boosters

- Updated COVID vaccines will be available in August/September of this year.
- The Centers for Disease Control and Prevention recommends updated COVID-19 booster for people aged 6 months and older.
- The elderly and immunocompromised are at highest risk for severe disease.
- Immunity from COVID decreases overtime and new variants continue to emerge.

If you have COVID-19 symptoms, get tested and call your doctor. Paxlovid is a highly effective treatment that must be started within 5 days of symptom onset.



RSV

- The CDC recommends the RSV vaccine for all people 75 and older, as well as those 65 and older with underlying heart or lung disease.
- The RSV vaccine is not an annual vaccine—if you received one last year, you do not need another this year.

We encourage you to get vaccinated against COVID-19, RSV and flu variants. Thank you for doing your part to help prevent illness and keep our community healthy.

Yours in good health,
Regal, Lakeside, and ADOC