



# Member Notice

November 12, 2024

## Stay Protected This Season: Updates on COVID-19, RSV, and Influenza

### **COVID-19**

COVID-19 is caused by SARS-Cov-2, a virus primarily affecting the lungs. COVID-19 spreads when an infected person breathes out small particles containing the virus.

Common Symptoms – COVID-19	
Fever	Muscle aches
Cough	Breathing difficulties
Nausea	

### **Prevention**

- Practice good hygiene (frequent handwashing)
- Improve ventilation (e.g., open windows).
- Clean and disinfect frequently touched surfaces (e.g., doorknobs).

### **When you are sick**

- Take precautions to prevent the spread (stay home/away from others)
- Contact your doctor for testing/treatment especially if you are at risk for severe illness.

### **COVID-19 Vaccination**

The CDC recommends that everyone over 6 months old get vaccinated against COVID-19. Currently available vaccines include Pfizer and Moderna. Additionally, Novavax has recently been authorized under Emergency Use Authorization (EUA). The 2024-2025 vaccines have all been formulated to target the latest variants of COVID-19. CountyCare members can receive COVID-19 vaccines at no cost. Consult with your doctor or pharmacist if you have any questions or visit <https://countycare.com/immunization-information/>.

### **RSV (Respiratory Syncytial Virus)**

RSV is a highly contagious lung infection common in children but affects adults as well.

Common Symptoms - RSV	
Congested or runny nose	Sore Throat
Dry Cough	Sneezing
Fever	

### **Prevention**

- Avoid close contact with infected individuals
- Frequent handwashing
- Disinfect surfaces
- Wear a mask
- Vaccination

### **RSV Vaccination**

The CDC recommends RSV vaccinations for everyone age 75 years and older. Additionally, people aged 60-74 with increased risk of severe illness should be vaccinated. People with chronic heart or lung disease, weakened immune system, living in a nursing home or long-term care facility and other medical conditions are at increased risk of severe RSV.

### **Available RSV vaccines include Abrysvo, Arexvy, and mRESVIA.**

- Abrysvo: adults 60+ and pregnant individuals (32-36 weeks gestation)
- Arexvy: adults 60+
- mRESVIA: adults 60+

Please keep in mind, the RSV vaccines are NOT annual vaccines. They provide protection for up to 2 years. Therefore, you do not need to get a dose every RSV season. RSV vaccines are covered by CountyCare. Speak with your doctor to determine if you should get vaccinated.

## **Influenza (Flu)**

Influenza is a viral infection affecting your nose, throat and sometimes your lungs. It is highly contagious and can range from a mild infection to serious illness and even death. The flu spreads mainly through droplets from infected individuals.

<b>Common Symptoms – Influenza (Flu)</b>	
Fever	Fatigue
Cough	Muscle aches
Headache	Sore throat
Diarrhea	

## **Prevention**

- Avoid close contact with infected individuals
- Frequent handwashing
- Wear a mask
- Disinfect surfaces frequently

The CDC recommends everyone 6 months and older receive a flu vaccine **every season** (usually from October to February). There are different types of flu vaccines depending on your age and health status. Talk to your doctor about which flu vaccine is right for you. CountyCare members can receive flu vaccines at no cost.

## References

Centers for Disease Control and Prevention. Key Facts About Seasonal Flu Vaccine. CDC. <https://www.cdc.gov/flu/prevent/flushot.htm>. Published September 7, 2023. Accessed September 13, 2024.

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Centers for Disease Control and Prevention. RSV Vaccines: Information for Healthcare Providers. CDC. <https://www.cdc.gov/rsv/vaccines/index.html>. Published September 1, 2023. Accessed September 13, 2024.

Centers for Disease Control and Prevention. COVID-19 Vaccination. CDC. <https://www.cdc.gov/covid/vaccines/index.html>. Published September 12, 2023. Accessed September 13, 2024.

Centers for Disease Control and Prevention. COVID-19: How to Protect Yourself and Others. CDC. <https://www.cdc.gov/covid/prevention/index.html>. Published September 12, 2023. Accessed September 13, 2024.

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