**For Immediate Release**

12/4/2023

**Respiratory Illness Prevention**

The Pike County Health Department would like to remind the community that we are entering the peak season of respiratory illnesses. This fall and winter many respiratory illnesses will be circulating through our community including pneumonia, COVID-19, Influenza and RSV. Residents are encouraged to abide by the following guidelines to stay vigilant in protecting themselves and others against such illnesses.

* **Receive vaccines, if eligible.** Vaccines are the best defense against severe illness and death caused by RSV, Influenza, COVID-19, and Pneumonia.
* **Wash your hands.** Frequent handwashing is an easy and effective way to stay healthy and slow the spread of germs.
* **Practice cough etiquette.** Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your elbow, not your hands.
* **Stay home if you’re sick.** Residents who have symptoms should stay home, get tested and seek treatment when necessary.

The Pike County Health Department offers walk-in immunizations Monday and Thursday from 1pm-4pm. RSV vaccines are now available for infants and pregnant women as well as adults ages 60 and older. Influenza and COVID-19 vaccines are available for everyone 6 months and older. Pneumonia vaccines are available for adults ages 65 and older as well as adults with chronic conditions who are 19 years and older. Individuals wishing to be vaccinated should bring their photo ID and insurance cards.

For additional media questions contact:

Public Information Officer

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