



**Public Health**  
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Frederick County Health Department

# News Release

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**FOR IMMEDIATE RELEASE:**

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## Fall Respiratory Illness Update

**FREDERICK, MD** – As fall approaches, the number of COVID-19, influenza, and respiratory syncytial virus (RSV) infections is likely to increase. The following actions can help protect against these and other respiratory illnesses:

- Stay home if you are sick
- Wash your hands
- Test for COVID-19 if you are sick
- Talk to your healthcare provider about treatment if you have a respiratory illness and are at high risk of getting very sick
- If you choose to wear a mask, wear a high-quality one that fits well over your nose and mouth
- Get your COVID-19, influenza and/or RSV vaccines as recommended

Vaccines for COVID-19 and influenza have been updated for fall 2023 to provide better protection for the viruses that are currently circulating. [CDC recommends](#) the updated COVID-19 vaccine for all Americans 6 months and older to protect against the potentially serious outcomes of COVID-19 illness this fall and winter. Many local pharmacies will offer both COVID-19 and influenza vaccine and are listed at [vaccines.gov](#). Talk to your healthcare provider about the need for an RSV vaccination based on your personal health risk.

The Frederick County Health Department (FCHD) will provide influenza vaccine for children 18 years and younger who are uninsured or underinsured, meaning their insurance does not cover the cost of immunizations. Our COVID-19 vaccination clinics will only be for children 6 months through 5 years.

FCHD expects to receive the updated COVID-19 and flu vaccines in a few weeks. We will announce when we are ready to begin scheduling with this inventory. For more information, visit our website at [Health.FrederickCountyMD.gov/Immunization](http://Health.FrederickCountyMD.gov/Immunization).

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