



**FOR IMMEDIATE RELEASE**

December 9, 2022

CONTACT: RoAnn Warden, Public Health Officer, 608-328-9390

**Green County Public Health Urges Residents to Protect Themselves Against Respiratory Viruses this Holiday Season**

*Green County residents should get a flu shot, an updated COVID-19 booster, and take additional steps to protect themselves and others this season as cases of respiratory illness rise nationwide*

**Green County** – Green County Public Health encourages community members to get a flu shot, an updated COVID-19 booster and to take additional steps to protect themselves and others against respiratory viruses this winter. At this time, respiratory viruses such as COVID-19, influenza, and RSV are circulating at high levels nationwide, meaning that the 2022-2023 respiratory season has the potential to be severe, especially for young children and older adults.

Everyone 6 months of age and older can get a COVID-19 vaccine and a flu shot, and these vaccines can be given at the same time. Additionally, everyone 5 years of age and older can receive the updated COVID-19 vaccine booster. The updated booster provides additional protection against the Omicron variant of COVID-19. There are several local options to get a flu shot or COVID-19 vaccine, community members can go to [vaccines.gov](https://www.vaccines.gov) to find a location near them.

In addition to staying up-to-date on vaccinations, community members should take additional precautions to prevent the spread of respiratory viruses this holiday season:

- **If you are feeling sick, get tested.** Contact your healthcare provider about getting tested for COVID-19, influenza, RSV, or other respiratory viruses. Wisconsinites can order free COVID-19 rapid tests online at [sayyescovidhometest.org](https://www.sayyescovidhometest.org), order test kits now so you have them in time for the holidays.
- **If you're sick, stay home.** Especially if you test positive or have symptoms of COVID-19, influenza, or other illnesses. This helps protect others, especially those who are most vulnerable.
- **Check the COVID-19 Community Level** for information about the amount of severe illness in your community, check out the Green County Public Health Facebook page every Friday morning for Community Level updates. If your COVID-19 Community Level is high, wear a well-fitting mask when you are inside public places around others.
- **Frequently wash your hands with soap and water** to help prevent the spread of all respiratory illnesses and cover coughs and sneezes to avoid spreading germs.

Visit the Green County Public Health website, [gcpublichealth.org](https://gcpublichealth.org), for more information about current COVID-19 prevention recommendations, upcoming vaccination clinics, and local testing options. If you need assistance accessing other health care or finding a vaccine provider in your community, call 211 or 877-947-2211.

For more information, and to stay up-to-date on all things related to Green County Public Health, please “like” us on [Facebook](https://www.facebook.com/gcpublichealth) and visit our website.

[END]