



**Public Health**  
Prevent. Promote. Protect.

**NORTH CENTRAL PUBLIC HEALTH DISTRICT**

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## Public Service Announcement

**Date:** Sept. 22, 2023  
**To:** All Media  
**From:** Shellie Campbell, Director  
North Central Public Health District  
**Subject:** **Flu, COVID-19 & RSV Precautions Recommended**

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As people spend more time indoors with school starting and weather changing, North Central Public Health District recommends taking protective steps to prevent respiratory illnesses.

“We struggled to get through the pandemic and are now seeing a rise in COVID cases, which is coming with the start of flu season and RSV season,” said Dr. Christopher Van Tilburg, Health Officer for NCPHD. “Although many do not become seriously ill, certain people are vulnerable to serious life threatening illness from these viral infections. The best protection is easy: wash hands, limit exposure to crowds in enclosed spaces, stay home when ill, and get vaccinated.”

Other protective options include wearing a well-fitted mask in crowded areas, and improving ventilation in your home or work area. That can range from opening windows to using portable air cleaners. For more information, please visit <https://bit.ly/3ENs9UH>.

Vaccines are available for all three of these infections. An RSV (respiratory syncytial virus) vaccine was approved in May for those 60 and older. The flu vaccine is recommended for everyone 6 months and older, as is the updated COVID vaccine, approved last week by the federal government. The updated COVID vaccine targets the predominant strain now in circulation.

The federal government has also announced that, beginning Sept. 25, every American household is again eligible to receive four free at-home COVID test kits delivered to their home. For more information, please visit <https://www.covid.gov/tests>.

NCPHD is getting a small supply of the updated COVID vaccine, which will be available to those who are uninsured, American Indian/Alaskan Native, and those under 19 on the Oregon Health Plan. To book an appointment, call 541-506-2600.

Those with insurance should seek the vaccine, which will not have any out-of-pocket cost, from their doctor's office or pharmacist.

For more information, please contact North Central Public Health District at (541) 506-2600, visit us on the web at [www.ncphd.org](http://www.ncphd.org) or find us on Facebook.)

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