Algoma Public Health urges residents to get vaccinated against respiratory illnesses this fall

Algoma Public Health (APH) is encouraging all residents to protect themselves and their loved ones this fall by getting vaccinated against flu, COVID-19 and Respiratory Syncytial Virus (RSV). Appointments for community clinics will open on Thursday, October 9 at 9:00am.

"Every fall we see an increase in respiratory infections across Algoma," said Dr. Tuinema, Associate Medical Officer of Health at APH. "Getting both flu and COVID-19 vaccines not only protects your health but also helps reduce strain on our local health system."

This fall, Ontario has expanded RSV protection:

- Adults aged 75 and older are now eligible for the RSV vaccine.
- Infants under eight months and high-risk children up to 24 months can receive Beyfortus®, a monoclonal antibody.
- Pregnant individuals may receive Abrysvo®, which helps protect infants at birth.

"RSV can cause serious illness in infants, older adults, and people with underlying conditions," said Candice Carter, Manager of Immunization at APH. "Vaccines and simple prevention habits go a long way in keeping our community healthy this season."

All three vaccines can be given at the same appointment, making it easier to stay healthy this season. Flu and COVID-19 vaccines will also be available at, <u>participating pharmacies</u> and flu, COVID-19 and RSV will be available through primary care providers.

How to book a vaccine appointment

Appointments for APH community clinics open on Thursday, October 9 at 9:00am.

- By phone: 705-541-7370 or toll-free 1-888-440-3730 (Monday Friday, 9:00 a.m. 12:00 p.m. and 1:00 p.m. 4:00 p.m.)
- Online: Book a appointment at a clinic near you

Vaccines will first be offered first to high-risk and priority populations followed by the general public.

Other ways to protect yourself this fall

Along with vaccination, simple habits can help prevent illness this fall:

- Stay home when you're sick.
- Wash your hands often with soap and water.
- Use hand sanitizer when soap isn't available.
- Cough or sneeze into your sleeve or a tissue.
- Consider wearing a mask in crowded or enclosed spaces.

For more information on flu, COVID-19, and RSV, visit APH's <u>fall respiratory illness page</u>. -30-