

What You Need to Know About Fall and Winter Respiratory Illnesses COVID-19, Flu and RSV

Fall is in the air, which means cough and cold weather viruses are too!

Some of the most common and dangerous viruses this time of year are flu (influenza), COVID-19 and RSV (respiratory syncytial virus). The good news is that these illnesses can be prevented by vaccines.

Here is how you can protect yourself and your family from Flu, COVID-19 and RSV this fall:



Wash your hands



Mask in crowded areas



Stay home when sick



Cover your cough



Get the vaccines recommended for you

Please refer to the following immunization information for children and infants, older adults, and the general population:

	INFLUENZA (FLU)	COVID-19	RSV
Infants*	✓	✓	✓**
General Population 2–59 Years	✓	✓	✗
Older Adults (60 and up)	✓	✓	✓

Please Note: It is important to contact your insurance carrier before making any vaccination appointment. Currently, the RSV vaccine requires a prescription from a medical provider.

Please contact your primary care provider or pharmacist with any additional questions about the vaccines.

Vaccine Exchange For Flu or COVID (not RSV)

DC Health connects community groups with vaccine providers. Community groups can learn more at request.vaccineexchange.dc.gov.

Home Vaccination Program

Providers will visit residents who:

1. Have difficulty leaving their home
2. Mostly communicate in languages other than English
3. Have insurance through Medicaid or the Healthcare Alliance

This program can be accessed at 1-855-363-0333.

Additional Information

- ▶ District government agencies and nonprofits can request free COVID-19 tests, free KN95 masks and PPE supplies from the Office of Contracting and Procurement (ocp.dc.gov/page/federal-surplus-property-program).
- ▶ Residents can also purchase KN95 and COVID-19 tests at pharmacies or online.
- ▶ DC Health continues to monitor the spread of these respiratory illnesses in the District and will provide updated guidance as needed.

*Influenza and COVID-19 vaccines are for ages six months and up. **The RSV immunization for infants/young children is a monoclonal antibody and is recommended for all infants 8 months and younger, and children up to 18 months with special medical conditions.