

TRIPLEDEMIC PROTECTION THIS FALL!



INFORMATION ON SEASONAL VACCINES & IMMUNIZATIONS

August has been named National Immunization Awareness Month, making the month of September an excellent time for everyone to review available vaccine options, especially for diseases which spike in fall and winter. With the anticipation of a new school year and the flu season quickly approaching, the New Jersey Department of Health is encouraging everyone to stay up to date on all vaccinations. A late-summer swell of COVID-19 cases and hospitalizations is causing health experts to remind people about the measures they can take to minimize another “tripledeemic,” a circulation of three viruses, including influenza, COVID-19, and RSV (respiratory syncytial virus). Keep in mind when making any healthcare choices, it is important to first consult with your healthcare provider.

Influenza Vaccinations

In June, the CDC published its 2023-2024 flu-vaccine recommendation ([full report here](#)) and said everyone six months and older should be vaccinated. It’s most important for adults over 65, children under 5, and those with weakened immune systems to be sure to get their flu shots. The CDC estimates that last year, 40% -70% of those who received the flu vaccine were less likely to be hospitalized for flu related complications than those who didn’t. Find out all you need to know about the flu [here](#).

Oakland will be holding a FREE SENIOR FLU SHOT CLINIC on October 12, 2023, from 1:00pm-3:00pm. Registration is REQUIRED and will be open September 1-15, 2023. Click [here](#) for more details.

COVID-19 Vaccinations

The CDC recommends everyone 6 months and older get an updated COVID-19 vaccine, and everyone should stay up to date for COVID-19 vaccines for their age group. COVID-19 vaccines are safe and highly effective at preventing serious illness. To learn more about COVID-19 and vaccines, click [here](#).

RSV Vaccinations

The CDC recommends adults 60 years and older may receive a single dose of RSV vaccine, based on discussions between the patient and their health care provider. Find more information regarding RSV and all you need to know about symptoms, care, transmission, and prevention, click [here](#).

For complete information from the CDC on all vaccines, click [here](#).