

Have you gotten this season's vaccines?

Get your flu, COVID-19 and RSV vaccines before the holidays are here

By Ginny Jurofcik, CEO, LifeSpan, Inc. and Joe Aul, Executive Director, Eastern Area Adult Services on behalf of Meals on Wheels Greater Pittsburgh

As the holiday season draws near, let's remember that getting vaccinated against flu, COVID-19, and RSV (respiratory syncytial virus) is a great gift -- for ourselves and our families this year.

Respiratory viruses can be particularly tough on older adults. The flu can lead to serious complications and hospitalizations, especially if you are living with other chronic conditions such as heart disease or diabetes.

COVID-19 is still circulating here in our community with new variants that can impact you, even if you were previously vaccinated. In 2023, over 5,000 people in Allegheny County landed in the hospital due to COVID-19.

We often think of RSV as an illness that only babies get, but it can cause serious respiratory issues in older adults. The combination of these viruses during the colder months really increases the risk of getting sick for all of us.

Getting vaccinated is straightforward, and it's a fantastic way to protect yourself.

So many of us also help to care for others. If you help care for a family member or friend aged 60 or older, please make sure they understand their risk for becoming very ill from flu, COVID-19, and RSV. Encourage them to get vaccinated; it can make a significant difference in their health and well-being.

We're looking forward to the holidays and we hope you are, too. Sharing a meal with loved ones, exchanging stories, or simply being together -- these are the moments that make the holidays special. We want to be fully present -- and healthy -- for them.

Speak to your healthcare provider today about getting your flu, COVID-19, and RSV vaccines. Let's get vaccinated and make this season one of health, joy, and connection.

LifeSpan, Inc. and Eastern Area Adult Services are members of the Meals on Wheels Greater Pittsburgh (MOWGP) collaborative of agencies providing services to older adults in Allegheny County. MOWGP is proud to partner with the U. S. Department of Health and Human Services on the "Risk Less, Do More" public health campaign to encourage older adults to be vaccinated for pan-respiratory viruses (flu, COVID-19 and RSV).

**RISK LESS.
DO MORE.**
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**65 or older?
It's important
to stay up to
date on your flu
and COVID-19
vaccines.**



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