



**ST. JOSEPH COUNTY**  
DEPARTMENT OF HEALTH  
Prevent. Promote. Protect.

# St. Joseph County Department of Health

*"Promoting physical and mental health and facilitating the prevention of disease, injury and disability for all St. Joseph County residents"*

**FOR IMMEDIATE RELEASE**  
**November 21, 2023**

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## **Healthy Holidays**

As families begin to gather for the holiday time, St. Joseph County Health Officials are encouraging everyone to take proper precautions against respiratory illnesses.

As COVID cases have increased these past few weeks, and we enter Flu and RSV season, the following actions are strongly recommended:

- Be up to date with all recommended COVID-19 and Flu vaccines.
- Wash hands frequently.
- Stay home if not well.

The St. Joseph County Department of Health offers COVID-19 vaccines and flu vaccines for anyone over the age of 6 months. Appointments for our respiratory vaccine clinic can be made online at [www.sjcindiana.com/health](http://www.sjcindiana.com/health). Most insurances cover vaccines, however, it is suggested one check with their insurance for coverage before scheduling a vaccine.

For more information on COVID-19, Flu, and RSV, please visit the Centers for Disease Control & Prevention at [www.cdc.gov](http://www.cdc.gov).

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