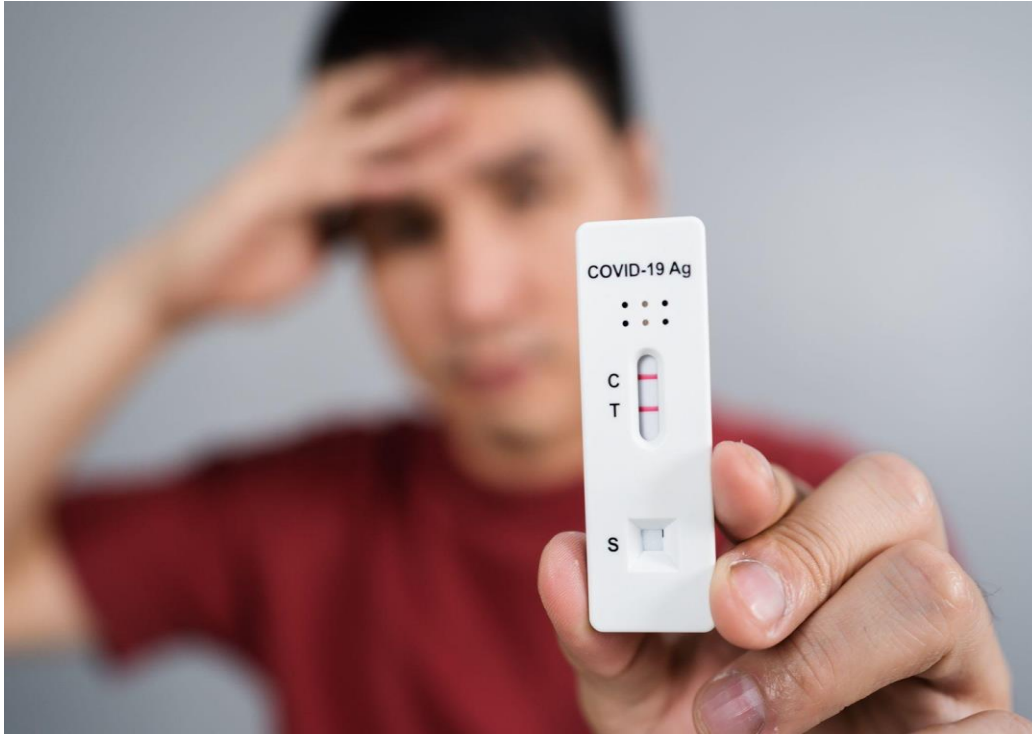


COVID-19 Update 9.7.23



You may
be so done
with
COVID...

but it ain't
done with
you!

How bad is it?

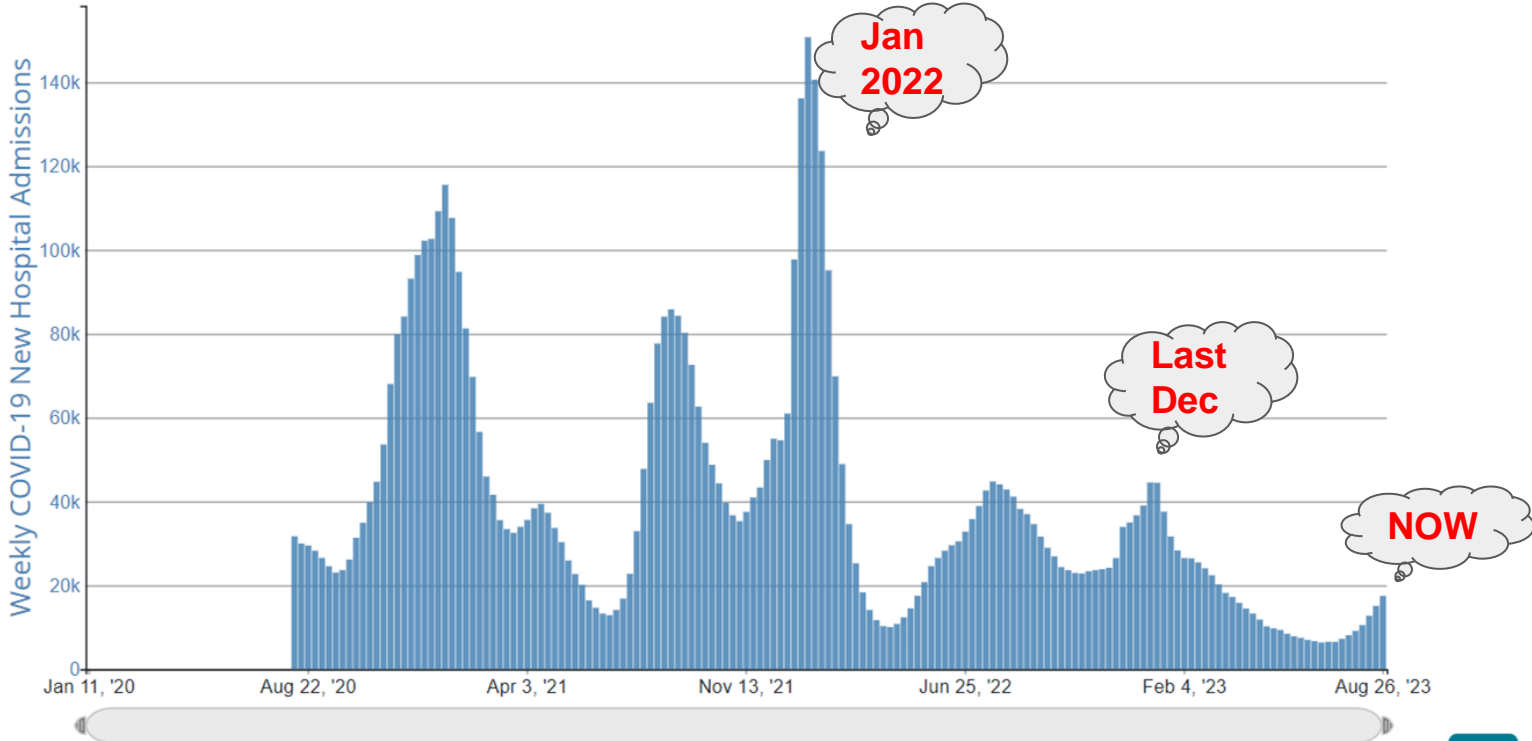
Last month, August 2023, around 600 people were still dying from COVID each week!

Now that is better than having 3,000 people die each week last August in 2022.

And very much improved from more than 14,000 people dying each week in August of 2021.

People in the hospital with COVID

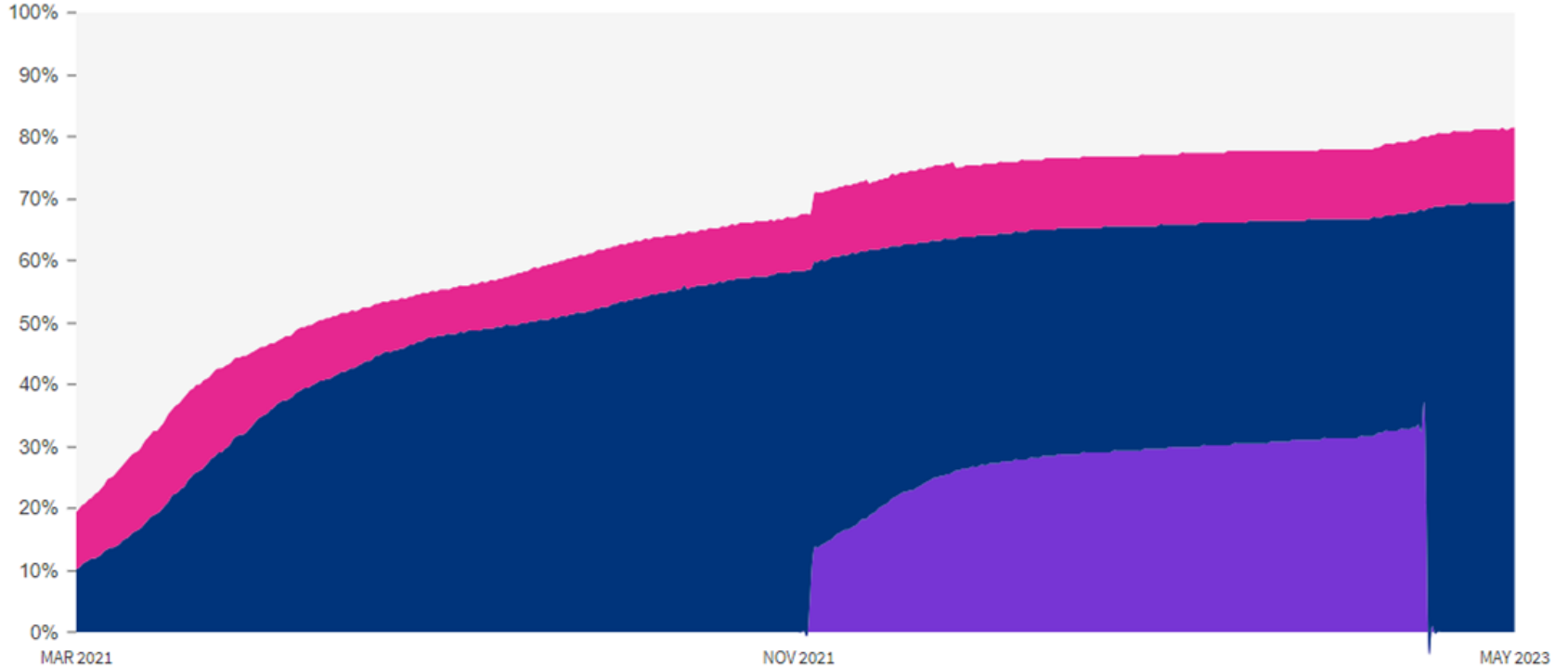
COVID-19 New Hospital Admissions, by Week, in The United States, Reported to CDC



People who got the vaccine and booster

Percent of people receiving vaccines in the US

■ One dose and incomplete ■ Two doses or equivalent ■ Three or more



Sources: Centers for Disease Control and Prevention. [see more](#)

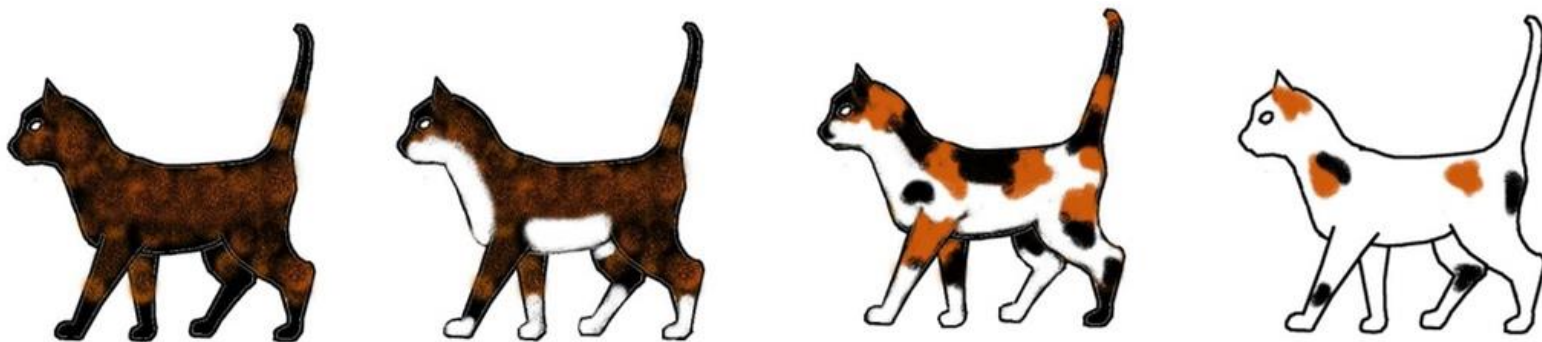
There is a new COVID variant called BA.2.86 it has the nickname "Pirola" We get new ones all the time. So what Is A Variant?

Basically mutation is just a fancy word for saying something has changed

Sometimes when things change, it is a good thing

Sometimes, a mutation can be bad

Sometimes, it is not a big deal



What Is A Variant?

Viruses change a lot. This is natural. It happens all the time. When we get a new kind of virus, it is called variant.



Variants are like snowflakes,

- a little different
- a little the same



Another example is Variants are like fingerprints,

- a little different
- a little the same

What Is An Updated COVID Shot And Why Should I Get It



The updated COVID was made to protect you from the new kinds of COVID. Over time your body needs more vaccine to keep fighting off the virus. Lots of other vaccines have updated shots, too.

For example, you get a flu shot to keep you safe from the flu each year. The 2023-2024 COVID shot is safe. It keeps you from getting very sick and dying from COVID.

When will a NEW COVID shot come out?

The new 2023-2024 COVID shot is coming out next week. First, the Food and Drug Administration plans to meet tomorrow and is expected to approve the shots,. Then the CDC or the Centers for Disease Control and Prevention will meet on Tuesday September 12, 2023. The CDC director is expected to sign off

Then the shots could be available as soon Wednesday, the 13th of September

Should I wait to get a NEW 2023-2024 COVID vaccine?

Ask your doctor. But, health officials say it is best to wait until you can get the new updated COVID shot.

Is it okay to get a flu shot AND a COVID shot at the same time?

Yes,

It is safe to get both shots at the same time.

Health officials say the shots will work just fine if you get them at the same time.

I recently had COVID, do I still need the new vaccine?

- Everyone should get "2023-2024 COVID-19 vaccine" It is also called "updated COVID-19 vaccine." Get it, even if you have had COVID.
- Yes, it is true that getting COVID gives you some "immunity" but it decreases or gets weaker quickly.
- If you had COVID, getting a booster gives you added protection.
- After having COVID, the CDC says to wait 3 months before getting a booster shot.
- Talk to your doctor about the best timing for you.

Know your rights when getting free vaccines

- **You do NOT need insurance to get vaccinated.** You may be asked, but you cannot be charged an office visit or other fee for vaccination.
- **You do NOT need to share a Social Security Number or driver's license/state ID number.**
- **You do NOT need to be a U.S. citizen.** Everyone can receive COVID-19 services, regardless of immigration status.

What Is the Updated COVID Shot And Why Should I Get It

What will happen if I choose to not get the 2023- 2024 COVID shot?



You might catch COVID and get sick or spread it to other people.

The vaccine gave your body lots of protection from COVID. Over time, it wears out. It is like running low on gas. A new shot is like filling up your tank. You need more vaccine to avoid getting COVID. The new shot protects you from getting very sick and spreading COVID-19 to others.

For example, you get your flu shot each year to keep protection from getting sick from the flu.



You can get your 2023-2024 COVID shot at many places. You can go to doctor's office, pharmacies, like CVS or Walgreens. You can go to some grocery stores. Many states **will also come to your home to give you a vaccine.**

Where can I get a COVID Booster shot?

If you are not sure where to get your shot, you can:

1. Call the DIAL help line at 888-677-1199 for free help
2. Look online at www.vaccines.gov
3. Ask a trusted family member, friend, support staff, or your doctor's office for help