



FOR IMMEDIATE RELEASE

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Sept. 17 is Get Ready for Flu Day

As we begin to leave summer days and head toward fall evenings, the Mid-Ohio Valley Health Department wants to remind the community that now is the time to make plans to get your flu vaccine.

“Flu season, along with COVID and RSV, generally happens when the weather becomes cooler, and people begin to spend more time indoors,” said Amy Phelps, public information officer for the MOVHD. “With Sept. 17 being Get Ready for Flu Day, now is the perfect time to make an appointment to get your needed immunizations.”

The Mid-Ohio Valley Health Department already has flu vaccines in stock, and are expecting their updated COVID vaccines and RSV vaccines soon.

The CDC recommends everyone 6 months and older receive an updated COVID-19 vaccine and flu vaccine, both of which can be taken at the same visit, to help the body protect against severe illness.

The CDC recently updated its recommendations for the RSV vaccine to everyone ages 75 and older, and those 60-74-years-old with certain chronic medical conditions or who live in nursing homes to receive it.

To make an appointment in Wood County call 681-507-5531. To make an appointment in Calhoun County, call 304-354-6101. To make an appointment in Pleasants County, call 304-684-2461. To make an appointment in Ritchie County, call 304-643-2917. To make an appointment in Roane County, call 304-927-1480. To make an appointment in Wirt County, call 304-275-3131.

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The Mid-Ohio Valley Health Department serves Wood, Wirt, Calhoun, Pleasants, Ritchie and Roane Counties. Visit the website, movhd.com for more information. Follow them at Mid-Ohio Valley Health Department MOVHD on Facebook and @MOVHealthDept on Instagram and Twitter.