



Media Release

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Protect Yourself This Fall: Vaccines for Respiratory Illnesses

Yakima, WA- The Yakima Health District encourages everyone who is eligible to receive the updated 2024-2025 COVID-19 vaccine, flu vaccine and RSV (respiratory syncytial virus) vaccine this fall to protect their health and the health of those around them. Staying up to date on vaccinations reduces the risk of severe illness, hospitalization, and death. Individuals can find a list of upcoming community vaccine clinics at www.YakimaVaccines.org. This website also provides information on [local clinics and pharmacies](#) offering the updated 2024-2025 COVID-19 vaccine, flu vaccine, and RSV vaccine.

In addition to vaccination, public health recommendations will continue to be an important tool to minimize the spread of respiratory illnesses, such as:

- Washing hands frequently with soap and water for at least 20 seconds.
- Staying home if sick. If individuals are experiencing COVID-19 symptoms, get tested.
 - Every household is eligible to order four free at-home COVID-19 tests from the federal government at: www.covidtest.gov.
 - A kiosk located outside of the Sunnyside Fiesta Foods (2010 Yakima Valley Hwy #7, Sunnyside, WA 98944) also offers free COVID-19 tests and flu tests.

Individuals are encouraged to speak to their primary care provider about vaccination for themselves and their family. These discussions can address questions, concerns, and specific health considerations to make informed decision-making. For those that do not have a primary care provider, please call 2-1-1.

Updated 2024-2025 COVID-19 Vaccine

- [Everyone aged 6 months and older is eligible for the updated COVID-19 vaccine.](#)
- Children and adults who are immunocompromised or at high risk of complications should consult their healthcare provider for personalized guidance on vaccine timing.

Flu Vaccine

- [Recommended annually for everyone aged 6 months and older.](#)

RSV Vaccine

- [Recommended for all adults aged 75 and older and for adults 60-74](#) who are at an increased risk for severe disease.
- [Pregnant people](#) are eligible to receive an RSV vaccine to protect their babies.
- [Infants younger than 8 months](#) born during or entering their first RSV season are eligible to receive an RSV vaccine.
- [Infants and children 8-19 months](#) who are at increased risk for severe RSV disease and entering their second RSV season.

Quote

“Vaccination remains one of our strongest tools for keeping our communities safe. With respiratory illnesses like COVID-19, flu, and RSV circulating at the same time, getting vaccinated can help prevent severe disease and reduce hospitalizations.” –Melissa Sixberry, Director of Disease Control, Yakima Health District

Additional Information

[Vaccine Recommendations and Locations | Yakima Health District](#)

[COVID-19 Testing | Yakima Health District](#)

[COVID-19 Vaccine Information | Washington State Department of Health](#)

[Flu Overview | Washington State Department of Health](#)

[Respiratory Syncytial Virus | Washington State Department of Health](#)

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