



LOGAN COUNTY  
DEPARTMENT OF PUBLIC HEALTH

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**Public Health**  
Prevent · Promote · Protect

# Press Release

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FOR IMMEDIATE RELEASE  
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## **HEALTH DEPARTMENT REMINDS EVERYONE THAT CHRISTMAS SEASON IS ALSO RESPIRATORY SEASON**

The Christmas season is a time of joy, but it is also the season for respiratory infections. As COVID-19 has elevated to a high transmission level in Logan County, other viruses are not to be overlooked. Seasonal influenza (Flu) and Respiratory Syncytial Virus (RSV) are quickly emerging as more hospital beds are becoming occupied. Some common respiratory infection symptoms may include, but are not limited to, fever, headache, runny/stuffy nose, sore throat, or cough. Nobody is safe from respiratory infections, but the immunocompromised, the elderly, and the very young are generally the most at risk. The following are tips on ways to protect yourself and others from infection this respiratory season:

- Wear a face mask in crowded areas or public transportation.
- Wash your hands for at least 20 seconds and avoid touching your face with unwashed hands.
- Practice social distancing where possible and avoid areas that are poorly ventilated.
- Cover your coughs and sneezes and avoid coughing or sneezing into your hands.

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- Stay up to date with all vaccines including COVID-19 and Flu. COVID-19 vaccines are available at the Logan County Department of Public Health on Tuesdays (Pfizer) and Thursdays (Moderna). Flu vaccine is available Monday through Friday. No appointments are needed.
- Consider getting tested for COVID-19 and Flu if you have symptoms before attending gatherings. If you test positive, avoid gatherings and seek treatment within 2 days for Flu, and within 5 days for COVID-19.
- Stay home if you are experiencing symptoms of COVID-19, Flu, RSV, or other respiratory illness.

The Logan County Department of Public Health wishes everyone peace, joy, and good health this Christmas and holiday season. For more information regarding health department services, visit their website at [WWW.LCDPH.ORG](http://WWW.LCDPH.ORG) or contact them at 217-735-2317.

Information Source: IDPH

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