

Q&A

RSV, flu, and COVID
in King County

What should I know?



RSV, FLU, AND COVID – WHAT TO KNOW

Q

Why is Public Health worried about RSV, flu, and COVID this winter?

A

This fall, there have been many RSV and flu cases requiring emergency room visits – especially for young children. We might also see more COVID cases and hospitalizations this winter as people gather indoors and new COVID variants spread.

These diseases can make young children, older adults, and other vulnerable people very sick, and overload hospitals and clinics.

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Q

What is RSV?

A

RSV is a common respiratory virus that spreads every winter. Anyone can get RSV, but this year we're seeing a lot of cases in young children.

For healthy adults and older children RSV can feel like a cold, with symptoms like runny nose, less appetite, coughing, and fever. But it can be a very serious illness for babies, older adults, and others.

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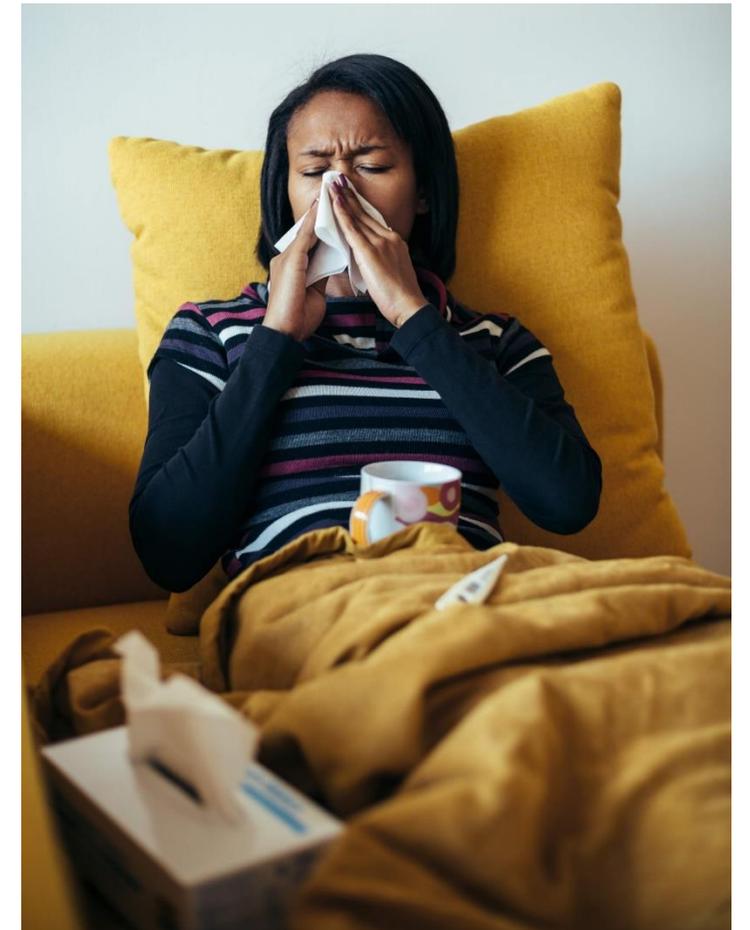
Q

How can I protect myself and others?

A

Stay home if you're sick—even if you've tested negative for COVID-19—because you may have flu or RSV.

Wear a high quality, well-fitting mask in public indoor spaces and wash your hands often to help protect against all three viruses.



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Q

Should I get a flu vaccine and an updated COVID booster?

A

Yes! Getting your flu shot and updated COVID booster now will help protect you and avoid needing to visit the hospital. People ages 5 years and older who had their last COVID shot at least 2 months ago can get the updated COVID booster.

Everyone ages 6 months and older should get a flu shot every year. Unfortunately, there is no RSV vaccine available yet.

RSV, FLU, AND COVID – WHAT TO KNOW

Find a COVID vaccine clinic:
kingcounty.gov/vaccine

Find a flu vaccine clinic:
kingcounty.gov/findaclinic