

VACCINATION FOR ADULTS



STRATEGY INTRO: Increase demand for, and access to flu, COVID-19, and other adult vaccinations via 40 pop-up community clinics at the places that cultural groups feel comfortable and connected, and increase regularity of vaccine promotion in priority communities; and increase the percentage of pan-Asian and pan-African seniors who are up-to-date with recommended adult vaccinations.

CDC ISSUES HIGH RISK FOR RESPIRATORY ILLNESS NATIONWIDE

On January 3, 2025, the CDC issued a high alert for respiratory illnesses as COVID-19, influenza, and RSV activity surged across the United States, straining healthcare systems and prompting urgent calls for vaccination and preventive measures.

Respiratory illnesses, including COVID-19, influenza, and RSV, are increasing across the United States this winter season. COVID-19 activity is rising in many areas, with predictions of further increases. Seasonal influenza is elevated nationwide, while RSV is particularly impacting young children and older adults, leading to high emergency department visits and hospitalizations.

Nationally,
**Respiratory
Illness**
causing people to
seek healthcare is



Wastewater viral activity level in **the United States**



Emergency department visits in **the United States**



Vaccination coverage remains low for all three illnesses, though COVID-19 vaccine uptake has improved slightly among older adults. The CDC strongly encourages for vaccination and preventive measures to reduce risks. The less known respiratory illnesses - Respiratory Syncytial Virus (RSV), which is a common respiratory virus that causes infections in the lungs and respiratory tract. It is particularly dangerous for young children and older adults, often leading to severe illness such as bronchiolitis or pneumonia. RSV spreads through respiratory droplets and close contact and typically surges during the fall and winter seasons. Below is a Symptom Comparison Chart for RSV, COVID-19, and Flu:

Symptom	RSV	COVID-19	Flu
Fever	Mild to moderate	Common, varies in severity	High, sudden onset
Cough	Persistent, may progress to wheezing	Dry or productive, often severe	Dry, hacking
Runny/Stuffy Nose	Common	Common	Common
Sore Throat	Sometimes	Common	Common
Fatigue	Mild	Common, can be prolonged	Severe, sudden onset
Loss of Taste/Smell	Rare	Common (unique to COVID-19, less frequent in newer variants)	Rare
Body Aches	Rare	Common	Severe
Headache	Rare	Common	Common
Shortness of Breath	Severe cases (especially in infants/older adults)	Common, can be severe	Rare
Wheezing	Common in severe cases	Rare	Rare
Onset of Symptoms	Gradual	Gradual or sudden	Sudden
At-Risk Groups	Young children, older adults	All ages	Young children, older adults, chronic illness patients

In summary:

- RSV is most dangerous for infants and older adults, often causing wheezing or difficulty breathing.
- COVID-19 has a broader range of symptoms, including loss of taste/smell and systemic effects like fatigue and shortness of breath.
- Flu typically has a sudden onset of high fever, body aches, and fatigue.

To not delay in treatment, Testing is crucial as symptoms can overlap. Vaccines are also available for all three illnesses, and early medical intervention can help manage severe cases. Please protect yourself and your family by wearing masks in crowded or indoor spaces, staying home when feeling unwell, practicing good hand hygiene, and ensuring everyone is up to date on recommended vaccinations to reduce the spread of COVID-19, influenza, and RSV this season.

Educational Article

COVID-19 REINFECTION UPS RISK OF LONG COVID, NEW DATA SHOW



A [new survey study](#) reveals that people who had two COVID-19 infections were more than twice as likely—and those who had three or more COVID-19 infections were almost four times more likely—to report long COVID as those with one infection. The study involved 3,382 global survey respondents and was conducted by researchers with the [Patient-Led Research Collaborative](#) on long COVID. It was published this week on Research Square, which is the preprint service of the Nature Portfolio. It has not yet undergone peer review.

Among the survey respondents, who were polled from March 30 to September 1, 2023, 22% had never had COVID-19, 42% had it once, 25% twice, and 10% three times or more. They said their acute SARS-CoV-2 infections occurred from February 2020 through August 2023, with 24% of first infections and 27% of re-infections in 2020. They reported that 52% of first infections and 43% reinfections were in 2022, while 7% of first infections and 15% of reinfections were in 2023.

Reinfection raised risk of severe fatigue, functional limitations

The researchers found that, compared with people who had COVID only once, those who had two COVID infections were 2.14 times more likely to report long COVID, and those who had three or more COVID infections were 3.75 times more likely to have the long-term condition. They also noted that the odds of both severe fatigue and post-exertional malaise, both of which can be quite debilitating, increased with reinfections.

View the full article at: <https://www.cidrap.umn.edu/covid-19/covid-19-reinfection-ups-risk-long-covid-new-data-show>

