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## FOR IMMEDIATE RELEASE

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### Respiratory Illness Season is Here

Protection is available for Flu, RSV and COVID-19

**OSHKOSH, WIS. (October 4, 2023)** – As fall begins, it is typical to see an increase in [flu, RSV and COVID-19](#). Winnebago County Public Health encourages people to take advantage of the protection available this year from three of the most common respiratory illnesses.

"Now is the start of our peak respiratory illness season," said Doug Gieryn, Winnebago County Public Health director/health officer. "Staying up to date on your vaccinations and keeping away from others when you're sick can help minimize the risk of severe illness for you and your family and friends."

The [Wisconsin Department of Health Services](#) encourages everyone to make a plan and prepare now for a healthier fall and winter. Vaccines that combat RSV and the latest strains of flu and COVID-19 are currently available in Winnebago County. These three vaccines are free under most insurance plans. In addition, the updated COVID-19 vaccine is available at no cost if you are [uninsured or your health insurance plan does not cover it](#). To locate a free COVID-19 vaccine, visit [vaccines.gov](#) or contact your pharmacy or healthcare provider. If you have questions about the COVID-19 vaccine or need help finding a place to get vaccinated, please contact Winnebago County Public Health.

If you get sick, knowing which virus you have helps determine treatment options and steps to prevent spread of the virus. Contact your healthcare provider to get a rapid test for flu, RSV or COVID-19. You can also order free at-home COVID-19 test kits from [covid.gov/tests](#). If you already have an at-home test kit, check the expiration dates at [wchd.pub/testkitexpiration](#) as many of them have been extended. If you have COVID-19, visit [wchd.pub/covid19positive](#) for the latest guidance.

For more information, contact Winnebago County Public Health at 920-232-3000 or visit [winnebagohealth.org](#).

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