

START THE NEW YEAR OFF

STRONG AND HEALTHY

COVID-19 hospitalizations and deaths are on the rise. The most recent CDC¹ data shows a:

- 20.4% increase in hospital admissions
- 12.5% increase in deaths

If you haven't already, we'd encourage you to start the year off strong by making sure you are up to date on your Flu, COVID, RSV and Pneumonia vaccines! These vaccines are effective at protecting your health, and the costs, in most cases, are covered.

Find COVID-19 and Flu vaccines near you at vaccines.gov

For more information about different approaches for protecting at-risk communities against respiratory illness including older adults, those with cardiometabolic conditions, the immunocompromised and women, view NHC's Trusted Messenger Video series here:

<https://nationalhealthcouncil.org/covid-19-trusted-messenger>

Treatments are also available to help protect you from severe illness. Learn more here:

<https://covidvaccineproject.org/treatments/>

For people who are immunocompromised and do not respond well to COVID vaccines, monoclonal antibody therapies can provide powerful protection against COVID, and some can prevent and treat other health conditions as well. To learn more, visit: <https://www.healthywomen.org/your-care/understanding-monoclonal-antibodies>



Free COVID-19 Tests

Keep your family and friends safe! Fill out this form to receive up to 8 free at-home tests from the U.S. Department of Health and Human Services:

<https://www.hhs.gov/coronavirus/testing/>

¹ <https://covid.cdc.gov/covid-data-tracker/#datatracker-home>

