



# AppHealthCare

Appalachian District Health Department  
[www.AppHealthCare.com](http://www.AppHealthCare.com)



*Caring for our Community*

## Public Health Memo - Flu & COVID-19 Vaccine Promotion

December 7, 2021

Dear Providers -

Thank you for your continued efforts and partnership in COVID-19 response. We appreciate your dedication to the health and well-being of our communities.

As we see cases of COVID-19 increasing locally and anticipate increases in other respiratory viruses like the flu, we would like to request your assistance to promote flu and COVID-19 vaccinations as the best tool we have to prevent illness, hospitalization and death.

We are continuing to urge people to get the COVID-19 vaccine, in addition to boosters, and are offering appointments at each of our clinics Monday through Friday or walk-in hours from 1:00-4:00pm for those who need the initial vaccines series. To schedule a COVID-19 vaccine appointment, call (828) 795-1970. We know that our path to better managing and controlling COVID-19 is to get more people vaccinated, while also encouraging other prevention measures like mask wearing, proper hand hygiene, staying home when sick and staying 6 feet from others.

We are offering flu vaccine appointments at each of our clinic locations. To make an appointment, call Alleghany (336) 372-5641, Ashe (336) 246-9449 or Watauga (828) 264-4995.

Some common questions we are hearing about vaccinations include:

### **Can the flu vaccine and COVID-19 vaccine be coadministered?**

Yes. The CDC and the Advisory Committee on Immunization Practices (ACIP) guidance states COVID-19 vaccines can be given during the same visit with other vaccines, including flu vaccine, if the recipient is eligible for the vaccines. For more information, visit the [Centers for Disease Control & Prevention's website](https://www.cdc.gov/diseases/prevention/) for coadministration of vaccines.

### **If I currently have COVID-19, can I still get the COVID-19 vaccine?**

If someone has symptoms or has tested positive for COVID-19, they should wait to get the COVID-19 vaccine until they have recovered and are no longer in isolation. This guidance also applies to people who get COVID-19 before getting their second dose of vaccine. People who

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have had a known COVID-19 exposure should not seek vaccination until their quarantine period has ended to avoid potentially exposing healthcare personnel and others during the vaccination visit. This recommendation also applies to people with a known COVID-19 exposure who have received their first dose of an mRNA vaccine but not their second.

**If I have had COVID-19 recently and have recovered, do I still need the vaccine?**

Yes. We do not yet know exactly how long natural immunity lasts once someone is infected with the virus and it is possible people can be infected multiple times with COVID-19. The vaccine will help protect from severe illness, hospitalization and death, even if someone has already had COVID-19.

We appreciate your partnership in protecting and promoting public health. We hope you will reach out to us with any questions or concerns you may have.

As a reminder, to reach us after-hours for a public health emergency or urgent matter, please call us at Alleghany (336) 372-5641, Ashe (336) 246-9449, Watauga (828) 264-4995 to be connected to an on-call public health nurse.

Sincerely,

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