

## CDC UPDATES COVID-19 RECOMMENDATIONS

### *Residents 65 and Older May Now Be Eligible For Additional Dose of COVID-19 Vaccine*

March 7, 2024 – District Health Department #10 (DHD#10) and the Centers for Disease Control and Prevention (CDC) are releasing updated COVID-19 recommendations regarding booster vaccinations for adults 65 and older, as well as changes to quarantine and isolation guidelines.

A summary of the new recommendations is below:

- Adults 65 years of age and older may receive an additional dose of any updated COVID-19 vaccine, based on healthcare provider recommendations.
- Individuals that test positive for COVID-19 can return to normal activities if symptoms have been improving and fever has been gone without the use of fever-reducing medication for 24 hours

The CDC suggests that once returning to normal activities, to reduce the risk of spreading COVID-19, residents should take the following actions:

- Get more fresh air
- Enhance hygiene practices
- Wear a well-fitting mask
- Keep distance from others
- Get tested for respiratory viruses

“Limiting the spread of COVID-19 and other respiratory diseases, like measles and influenza, is important to the health of our community,” said DHD#10 Health Officer Kevin Hughes. “Limiting exposure and following recommendations is one way of reducing your risk; vaccination will also help limit your risk of respiratory diseases or serious infection. It’s never too late to get vaccinated.”

The CDC has a tool to help you find out which booster is right for you and at what time. To find out more information, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>.

For those wanting to schedule their Pfizer or Novavax bivalent booster, or any COVID-19 vaccine, please visit <https://www.dhd10.org/schedule> or call 888-217-3904. If no appointments are available, you may also be able to schedule a vaccine with a pharmacy or your primary health care provider. Additional vaccination sites can be found at <https://www.vaccines.gov/search>.

COVID-19 at-home test kits are available at all DHD#10 locations. However, supplies are limited and are available on a first come, first served basis. Individuals are asked to take one kit per person, and up to four kits per household. Test kits are also available at most pharmacies. Be sure to call your pharmacy ahead of time, as demand remains high.



#### MEDIA CONTACT

Nicholas Eckhart  
Public Information Officer  
O: 616-500-0246  
C: 575-405-9082  
E: neckhart@dhd10.org



#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



[www.facebook.com/DHD10](https://www.facebook.com/DHD10)



[districthealthdept10](https://www.instagram.com/districthealthdept10)

When arriving at DHD#10 for your COVID-19 at-home testing kits, please do not enter the lobby if you have been exposed or are sick. Please call your local DHD#10 office and someone will bring the testing kits to your vehicle. To find your local DHD#10 office, please follow: <https://www.dhd10.org/contact-us/>.

Many COVID-19 at-home testing kits have extended expiration dates. To check your COVID-19 at-home test kit's expiration date, please visit: <https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>.

For more information on COVID-19, visit <https://www.dhd10.org/coronavirus>.

###

