



NEWS from Clatsop County

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FOR IMMEDIATE RELEASE

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It's Time for Your Updated COVID-19 Vaccine

(Astoria, OR) — Clatsop County residents could start receiving the nation's newest COVID-19 vaccines as soon as this week after the Centers for Disease Control and Prevention endorsed the updated shots for everyone 6 months or older.

"We are pleased to have another tool to help individuals stay healthy this upcoming cold and flu season," said Clatsop County Public Health Director Jiancheng Huang. "We encourage people to reach out to their health care provider or visit their local pharmacy for the vaccine. Clatsop County will have limited amount of vaccines available for certain populations assigned by the state funding at our clinics."

Individuals can search for a clinic by ZIP code by visiting vaccinefinder.org, or by calling 211 or visiting 211info.org.

The new COVID-19 vaccines are being made available at the start of the 2023–2024 respiratory season, when federal and state health agencies begin promoting influenza vaccinations as people send children back to school, head indoors to escape colder weather and gather for holiday celebrations.

During the pandemic, many individuals received their COVID-19 vaccine from Clatsop County Public Health Department, which had received the vaccine free of charge from the state via a federal purchase. Now the COVID-19 vaccine is being distributed by traditional vaccine/drug marketplace pathways, such as pharmacies and doctors' offices.

Insurance plans will cover the 2023–2024 COVID-19 vaccine when they become available. The Affordable Care Act requires insurers to cover most recommended vaccines without cost sharing, such as co-pays or deductibles.

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In addition to getting vaccinated, Clatsop County Department of Public Health encourages people to follow Oregon Health Authority and CDC guidance that empowers individuals at risk for severe illness to prepare for COVID-19 exposure and possible infection. The guidance includes:

1. **Knowing your risk.** Talk to your health care provider about whether your age, vaccination status or medical condition makes you more susceptible to severe COVID-19 illness.

OHA offers a [free telehealth option](#) for individuals who test positive for COVID. You can request a virtual visit with a clinician to see if antiviral medication is right for you or your child (as young as 12 years old).

2. **Making a plan.** Think about how you'll protect yourself and those around you if you become ill with COVID-19, or if your community's transmission level changes.
3. **Taking action when needed.** Get tested if you have symptoms. If you test positive, contact your health care provider for treatment – such as with the antiviral medication or consider telehealth options. Let those around you know they may have been exposed. Stay home until fever free for 24 hours and symptoms are improving. Wear a high-quality, well-fitting mask for 10 days after you become sick or test positive, and avoid contact with high-risk individuals for 10 days.

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