

COVID-19: What's New for 2023-2024

9/18/2023

What to know about the newly approved COVID-19 vaccine:

- It protects us against newer strains of COVID-19.
- It will be available at pharmacies and providers for everyone 6 months + in the coming weeks.
- It may be harder for people without insurance or people with children under 3 to find a vaccine. Visit alexandriava.gov/vaccines or call AHD at 703.746.4988 Mon. – Fri. from 9 a.m. to 5 p.m. for help.
- The CDC and VDH are continuing to update guidance online. AHD will share updates at alexandriava.gov/vaccines.

I just tested positive. Do I still need to isolate?

Isolate for at least 5 full days as recommended by the Virginia Department of Health (VDH) and the CDC. The day your symptoms start is Day 0. You should also tell people you have been around, so they know their risk.

Do I need to wear a mask?

If you have COVID-19, wear a mask around other people until Day 10. If you leave isolation after 5 days, wear a mask. Wear a mask at home if you live with other people.

What should I do if was around someone with COVID-19?

If you were exposed to COVID-19, wear a mask for 10 days. Test on Day 6 or if you start having symptoms. The day you were exposed to COVID-19 is Day 0. When making plans, stick to activities that allow you to mask.

Where can I get a test?

Tests are still available. Check alexandriava.gov/COVIDTesting to find affordable or free tests near you.

Is there a new variant? What does that mean for me and my family?

The “Eris” (EG.5) variant is a newer variant going around the United States. It is similar to XBB variants that have been going around the U.S for the past 6 months. It causes the usual COVID-19 symptoms. Current COVID-19 tests should recognize it. Current medicines treat EG.5. Vaccines protect against it.

Another new variant called BA.2.86 has been seen in various parts of the world. Current COVID-19 tests should recognize it. Current medicines treat EG.5. Vaccines protect against it.

What can I do about other respiratory illnesses?

Protect yourself and your family from respiratory illnesses like flu and RSV:

- Flu shots are available for everyone over 6 months of age. RSV shots are available for people over 60 years old and for very young children. Talk with your doctor about which vaccines are right for you.
- Continue to wash your hands regularly, cover your cough, and stay home when sick.
- Visit alexandriava.gov/flu for more information.

What is the Alexandria Health Department doing?

AHD monitors health updates, cases, outbreaks, hospitalizations, local wastewater data, and new variants. AHD can answer questions or provide guidance. Learn more at alexandriava.gov/coronavirus.





Don't Let Sickness (Flu, COVID-19, RSV) Ruin Your Season!

¡No dejes que la enfermedad (gripe, COVID-19, VSR) arruine tu temporada!

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لا تسمح بالمرض (الأنفلونزا ، كوفيد ، الفيروس المخلوي التنفسي (RSV - لمقاطعة فصلك.



Get this season's recommended vaccines from pharmacies & provider offices. Ask your doctor what vaccines you should get when.

Obtenga las vacunas actualizadas de este año de farmacias y proveedoras. Pregunte sobre el costo. Pregúntele a su médico qué vacunas debe recibir y cuándo.

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احصل على اللقاحات المحدثة لهذا الفصل من الصيدليات و مكاتب الأطباء. اسأل طبيبك عن اللقاحات التي يجب أن تحصل لهذا العام و متى.



If you feel sick, stay at home

Si te sientes enfermo, quédate en casa

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إذا شعرت بالمرض ، ابق في المنزل



Wash your hands frequently

Lávase las manos con frecuencia

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اغسل يديك بشكل متكرر



Cover your coughs and sneezes

Cúbrase al toser y estornudar

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غط السعال والعطس



alexandriava.gov/flu 703.746.4988

