**November 22, 2022**

**Cases of RSV, COVID-19, and the flu are on the rise**

Some medical experts are worrying about a “tripledemic” this winter. They fear that RSV (a common respiratory virus), the flu, and COVID-19 will all peak at the same time. So many sick patients at once could cripple our struggling healthcare system. Hospitals are already running out of beds, causing many people to travel long distances for treatments. Protect yourself and your family by avoiding others who are sick, getting your flu shot, and staying up to date on your COVID-19 vaccines.

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**November 22, 2022**

**Bivalent booster shots increase protection from COVID-19**

A new study provides the first glimpse at how these new boosters work in the real world outside of clinical trials. The results? Bivalent boosters do improve our defenses against COVID-19. Those who got the updated booster shot gained between 30% to 56% protection against COVID-19. These boosters should be thought of as a layer of defense. This defense can be made stronger by mixing it with other measures like wearing masks, staying home when you feel sick, and washing your hands.

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**November 22, 2022**

**White House launches new ways to get a COVID-19 vaccine or booster before the holidays**

The bivalent booster vaccines were approved for emergency use in early September, but uptake has been slow. So far, just over 12% of eligible people ages 5 and older have received the new booster, according to the CDC. The White House has launched a new six-week campaign that will focus on reaching older adults and the people who’ve been hardest hit by COVID-19. The campaign aims to make it easier for them to get a vaccine through pop-up clinics and funding for local vaccine sites and home visits.