



STATE OF WEST VIRGINIA
DEPARTMENT OF HEALTH AND HUMAN RESOURCES
Bureau for Public Health
Commissioner's Office

Bill J. Crouch
Cabinet Secretary

Ayne Amjad, MD, MPH
Commissioner & State Health Officer

November 2022

Dear fellow West Virginian,

We *know* how to drive country roads, and COVID-19 continues to be a long and winding one. You've taken many steps to protect yourself, your loved ones, and our Mountain State communities.

One thing I know for sure about West Virginians is that **we take care of each other**. You show that you care through everything you do for those around you. **Thank you.**

Unfortunately, many of our children's hospital beds are full and our healthcare system is overwhelmed. This surge is due to several viruses, such as RSV, flu, and COVID-19.

We all want our loved ones (and ourselves) to be able to get medical help when needed. So now **I ask you for your help in caring for yourself and others by staying up-to-date on vaccinations** this holiday season.

Although we don't have vaccines for every virus, we *do* have vaccines that protect against severe flu and COVID. Getting an annual flu shot and staying up-to-date on COVID vaccinations **makes it far less likely you will get really sick, need hospital care, or even die from flu or COVID.**

To find flu and COVID-19 vaccines near you, contact a healthcare provider, visit [vaccines.gov](https://www.vaccines.gov), or call the COVID-19 Vaccine Info Line at 1-833-734-0965 (call Monday-Friday, 8 a.m.-6 p.m., Saturday, 9 a.m.-5 p.m.).

Please join me in staying up-to-date on vaccinations. Through the holidays, let's keep caring for ourselves and each other.

Together, we are West Virginia strong.

A handwritten signature in blue ink that reads "Ayne Amjad".

Ayne Amjad, MD, MPH
Acting Commissioner and State Health Officer
West Virginia Department of Health and Human Resources, Bureau for Public Health

PS – Find COVID-19 vaccination FAQs by clicking [here](#), and check out a recipe for healthy holidays on the next page!

Happy Holidays!

The holidays are approaching, and we all want to gather safely. Now's a good time to make sure you and your loved ones are up-to-date on vaccinations.

Did you know that it takes about two weeks to build maximum protection after getting a vaccine? You can make one stop to get your flu shot and a COVID-19 vaccine at the same time.

To find flu and COVID-19 vaccines near you, contact a healthcare provider, visit [vaccines.gov](https://www.vaccines.gov), or call the COVID-19 Vaccine Info Line at 1-833-734-0965 (call Monday-Friday, 8 a.m.-6 p.m., Saturday, 9 a.m.-5 p.m.).

Holiday

Recipe for a Healthy Holiday Season


Makes One Safe and Happy Holiday!

Ingredients:

- Vaccination • Communication
- Hand Soap • Safe Travels
- Hand Sanitizer

Hint!

Scan below with your smartphone camera to find the **COVID-19 Vaccination Due Date Calculator** and learn if you are due for a shot!



vaccinate.wv.gov
#CommunityImmunityWV

Steps:

- **Get vaccinated:** West Virginians ages 6 months and older should get COVID-19 and flu shots. (Find out if you're due for an updated Omicron booster shot at [vaccinate.wv.gov](https://www.vaccinate.wv.gov).)
- **Wash your hands** before serving or eating food.
- **Communicate with loved ones** to make a plan for keeping each other safe.
- **Travel safely** by being up-to-date on COVID-19 shots, getting your yearly flu shot, and wearing a mask in crowded areas.

*Remember it takes 2 weeks from getting a vaccine to build maximum protection.

WEST VIRGINIA
Department of
Health & Human Resources