



St. Paul A.M.E. Zion Church
Health and Wellness Ministry

CDC's Updated COVID-19 and Flu Information

COVID-19 Vaccines

- Today, the CDC recommended the updated 2024-2025 COVID-19 vaccines and the updated 2024-2025 flu vaccines to protect against severe COVID-19 and flu this fall and winter.

COVID-19 Summer Surge

- Twenty-one states have seen high levels of the Coronavirus in wastewater.
- Almost all states have detected moderate levels of the coronavirus.
- The highest levels have been seen in western and southern states.
- The latest variants (KP.1, KP.3, and LB.1) are highly transmissible.

Latest CDC Guidance

- People who test positive for COVID no longer need to isolate for 5 days.
- People who test positive should wear a mask if symptomatic.
- People who have had COVID may resume normal activities 24 hours after feeling better AND have no fever without fever-reducing medications.
- People who are immunocompromised and older adults (age 65 and older) should wear a mask in crowded indoor spaces.
- When in doubt, consult your healthcare provider or professional.

Influenza Vaccines Update

- CDC reaffirms the recommendation for routine annual influenza vaccination of all persons aged ≥ 6 months who do not have contraindications.
- CDC recommends high-dose inactivated (HD-IIV3) and adjuvanted inactivated (aIIV3) influenza vaccines as acceptable options for influenza vaccination of solid organ transplant recipients aged 18-64 years who are on immunosuppressive medication regimens.

Things Everyone Can Do To Stay Safe

- Stay up to date on vaccines.
- Wear a mask indoors and in crowded areas.
- Keep the indoor air flowing.

Staying up to date on recommended vaccines is the best way to protect yourself and your loved ones from vaccine-preventable diseases. As always, the CDC and ACIP will continue to monitor vaccine safety and effectiveness.

For Additional Information
[Click here to visit the CDC website](#)