Van Buren/Cass District Health Department

PUBLIC HEALTH ADMINISTRATION

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Respiratory Virus Vaccination Recommendations

As peak respiratory virus season approaches, it is important to understand the steps you can take to help protect yourself and your family from serious illnesses. Frequent handwashing, avoiding touching your eyes, nose, and mouth, and limiting contact with people who are ill can help reduce your risk of infection. Vaccination is an important tool for reducing the risk of severe illness. Differences in recommendations from professional health organizations have made vaccination decisions more challenging. The principal difference among organizations and their concerns are how broadly vaccination should be recommended for lower-risk individuals[1]: whether to recommend routine seasonal vaccination or encourage an individualized discussion with a health care professional. Protecting people at increased risk of severe illness[2] remains a shared priority as well as encouraging everyone to consider getting vaccinated this fall. We too strongly recommend that you consider protecting yourself and others through vaccination.

Our health department follows vaccination recommendations from the Centers for Disease Control and Prevention (CDC) and its Advisory Committee on Immunization Practices (ACIP). For the 2026–2027 season[3], we support access to vaccination for eligible individuals who want protection. Most pharmacies and health care providers offer vaccinations, as does our health department. Visit our website[4] or call to schedule an appointment or learn about our vaccine clinics.



https://www.cdc.gov/respiratory-viruses/downloads/RVG-Summary-Graphic-508.pdf

[1] https://www.cdc.gov/covid/hcp/vaccine-considerations/routine-guidance.html
[2] https://www.cdc.gov/rsv/hcp/vaccine-clinical-guidance/adults.html
[3] https://www.cdc.gov/flu/season/2026-2027.html
[4] https://vbcassdhd.org/