

To: Montgomery College Employees, Supervisors, and Onsite Contractors
From: A. Chevelle Glymph, Director, Public Health & Environmental Safety
Subject: Preparing for a Healthy Holiday Season (COVID 19-FLU-RSV)
Date: November 16, 2022

As we begin to prepare for this year's holiday festivities, public health experts and stakeholders foresee another rise in COVID-19 cases this winter. With that in mind, now is the time to get your COVID-19 booster and annual flu shot.

What you need to know:

- Vaccines for COVID-19 and flu offer the best protection against severe illness and death.
- Flu cases are higher than usual for this time of year and are expected to soar in the coming weeks.
- Respiratory Syncytial Virus (RSV) is currently straining pediatric hospitals throughout the country.
- Older adults, immunocompromised people and pregnant women are most at risk, and young children are highly susceptible to influenza and RSV.

Also remember to:

- Take the daily health assessment
- Stay home if you are not feeling well
- Wear your mask if starting to feel ill
- Continue to use wash your hands frequently
- Use hand wipes and sanitizers

If you have questions, test positive for COVID-19, or need further information, please contact [Public Health](#). Again, thank you for your efforts to continue to do your part in keeping us all safe and healthy.