



Upper Missouri District Health Unit

"Your Public Health Professionals"

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NEWS RELEASE

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Upper Missouri District Health Unit Urges Respiratory Immunizations

UMDHU is encouraging you to choose to be immunized against respiratory infections this year. Depending on your age and health factors, these could include influenza, respiratory syncytial virus (RSV) and COVID-19.

Respiratory infections tend to rise in late fall and winter, putting stress on families, schools, workplaces, and healthcare systems. While some people may face a higher chance of serious illness, the truth is that anyone can get sick. That's why vaccination is strongly encouraged for everyone—it's the most effective way to stay healthy, protect loved ones, and keep our community strong throughout the season.

"Immunizations may not prevent every infection, but they remain our best defense against hospitalization and severe disease," said Juliet Artman, UMDHU Prevention Team Program Manager. "Protect what matters. Vaccinate today."

Varied Guidelines for Immunizations

Recommendations for respiratory vaccines vary by type and age group. Even if someone does not qualify under routine guidelines, they may still qualify if considered at higher risk. UMDHU encourages community members to consult their healthcare provider to determine which vaccines are right for them this season.

RSV Protection

Adults: RSV vaccination is now recommended for all adults 75 and older, and for adults 50–74 with certain risk factors.

Pregnancy: Recommended for individuals at 32–36 weeks gestation if not previously vaccinated in pregnancy.

Infants & Children: Infants under 8 months entering their first RSV season should receive preventive antibody protection if their mother was not vaccinated during pregnancy. Certain children up to 19 months who remain at increased risk may also qualify.

Influenza (Flu) Protection

Everyone 6 months and older should receive flu vaccine annually.

Children 6 months–8 years may need two doses if it's their first flu season.

COVID-19 Protection

Current recommendations are:

Adults 18 and older should receive the most recent COVID-19 vaccine as it becomes available.

Adults 65 and older may benefit from two doses, spaced about six months apart.

Immunocompromised individuals (ages 6 months and older) may require additional protection and should discuss their schedule with a healthcare provider.

For children and pregnant people, vaccination may be considered through shared decision-making. The American Academy of Pediatrics (AAP) continues to recommend COVID-19 vaccination for children ages 6–23 months due to their higher risk of complications.

UMDHU encourages community members to stay informed and consult their healthcare provider to determine the best protection plan.

UMDHU will offer respiratory immunizations throughout the season as supplies are available.

UMDHU accepts BCBS, Sanford, United Health Care, Medica, Meritain, Medicaid, and Medicare Part B please bring your insurance card.

Children 18 years and younger, as well as adults 19 years and older who are uninsured or underinsured, are eligible to receive a state-supplied flu vaccine at no cost. A voluntary donation of \$20.99 is appreciated to help cover administration costs. Children with Medicaid coverage or who are American Indian or Alaska Native are also eligible for state-supplied flu vaccine.

Williston walk in flu and covid vaccination clinics will be Williston UMDHU Office, 110 W. Bdwy, Ste 101 Williston, Friday September 26th, 1pm-5:30pm, Fridays Oct. 3rd, and 10th 8:30am-5pm, Friday Oct. 17th, 8:30am-1pm and Thursdays Oct. 2nd, 9th, 16th, 23rd and 30th, 3pm-5:30pm. Visit with us about an appointment for the RSV and other adult immunizations.

For more information about respiratory vaccines and local clinics, visit www.umdhu.org