



TOWN OF WELLESLEY HEALTH DEPARTMENT

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90 WASHINGTON STREET
WELLESLEY, MA 02481
TEL: (781)-235-0135 FAX: (781) 235-4685
www.welleslyma.gov/health

Leonard A. Izzo, MS, RS, CHO, Director



Respiratory Viruses

FLU

We strongly urge residents to get an annual flu shot, which can significantly reduce your risk of serious illness. The Health Department will have three clinics open to the public for residents aged 16+ (check with your clinician for vaccines for ages 6 months-15 years).

10/12/23, 11:30AM-1:30PM, Warren Building, 90 Washington St., Gymnasium
11/8/23, 9:30AM-11:00AM, Council on Aging (Tolles-Parsons Building), 500 Washington Street
11/21/23, 10:00AM-11:30AM, Warren Building, 90 Washington St., Room 008

Walk-ins welcome, although [advance registration is recommended](#).

Those aged 65+ are eligible to receive a high-dose vaccine as recommended by the CDC.

Please note: People with egg allergy with a reaction other than hives are no longer thought to be at risk for allergic reaction from current flu vaccines.

[Click here for more information about Flu.](#)

RSV

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover from RSV in a week or two, but the virus can be serious, especially for infants and older adults. RSV is acquired by close contact, such as kissing, shaking hands, and sharing cups and eating utensils.

Public Health officials, including the Massachusetts Department of Public Health and the American Academy of Pediatrics, are urging parents and families to take [steps to prevent illness and stay healthy](#).

There are steps you can take to help prevent the spread of RSV and other cold-like illnesses.

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands.
- Wash your hands often with soap and water for at least 20 seconds.
- If you are sick, avoid close contact with others.

New RSV shot recommendations:

- Adults ages 60+ are advised to speak to a clinician about whether the new RSV vaccine is right for them.
- CDC recommends the new RSV shot for all babies younger than 8 months born during or entering their 1st RSV season AND babies 8-19 months who are at increased risk for severe RSV. Consult your medical provider for more information.
- Coming soon- CDC is expected to recommend a new vaccine for pregnant women to prevent RSV in their newborn infants. Check with your clinician for updated information.

COVID 19

COVID-19 remains active, and residents should still take precautions when necessary. Click here for the latest recommendations from the [CDC](#) and [Massachusetts Department of Public Health](#).

Getting vaccinated is one measure you can take to protect yourself from severe illness due to COVID-19. An updated vaccine is now available. If you recently had COVID-19, you still need to stay up to date with your vaccines, but you may consider delaying your next vaccine dose by 3 months from:

- 1) when your symptoms started.
- 2) or, if you had no symptoms, when you first received a positive test.

COVID-19 vaccinations are available at many local pharmacies and doctor's offices. Additionally, [the Massachusetts Department of Public Health \(MDPH\) has information on where to access vaccines](#).

If you qualify, antiviral medications like Paxlovid are extremely effective in reducing progression to severe disease due to COVID. Please consult with your health care provider for questions about antivirals or getting vaccinated.

[Visit our website for updated COVID 19 information.](#)

Immunizations

Fall is a great time to make sure you are up to date on your vaccines. Most schools require that students have certain vaccinations to attend, including [meningitis for older teens and young adults](#).

[Visit this link for the recommended vaccine schedule for ages birth-18.](#)

[Visit this link for the recommended vaccine schedule for adults 19+.](#)

[Visit this link for a full list of recommended Fall vaccines for all ages.](#)

Mosquito-Borne Illness Prevention

Late Summer through early Fall is prime mosquito breeding season. One of the most common diseases carried by mosquitoes in the U.S. is West Nile virus. Mosquitoes breed in standing water, or in weedy or

wooded areas. They are most active during dawn and dusk in the warmer months. Protect yourself from mosquitos:

- Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, EPA-registered insect repellents are proven safe and effective.
- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.
- Use air conditioning, if available.
- Stop mosquitoes from laying eggs in or near water. Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.
- Check for water-holding containers both indoors and outdoors.

[Visit our website for more information.](#)

Back to School

As students head back to school, the Health Department has created several resources for families:

[Mental Health and Well-Being for College Students and Their Caregivers](#)

[Mental Health and Well-Being for Preschool-High School Aged Children](#)

[Medical Considerations](#)

[Safety Considerations](#)

[Vaping Prevention and Information](#)

[Healthy Snacks and Lunch Ideas](#)

KEEP WELL CLINICS OCTOBER-DECEMBER 2023

The Health Department offers weekly Keep Well sessions for residents. Services include:

- Blood pressure check and monitoring
- Review medications with a nurse
- Learn about important health topics
- Learn about healthy lifestyle practices
- Have your health questions answered
- Assistance with File of Life refrigerator magnet
- Learn how to be prepared for emergencies

[Visit our website for dates, times and locations.](#)