

Peter Christensen Health Center News



December 20, 2022

Virus Trifecta: Flu, RSV, COVID-19 Cases Rising

Flu hospitalizations are highest now among adults 65-plus and young children. CDC expects flu virus community spread for weeks or even months. With more cases of RSV and COVID-19, cold and flu season just hit the virus trifecta. Peter Christensen Health Center staff are seeing more cases of flu, RSV and COVID-19. Flu vaccines and COVID-19 boosters are highly recommended. Vaccines for RSV, a respiratory virus, do not exist.

What You Need To Know

FLU: Get a flu vaccine each year. Take everyday preventive actions like staying home if you're sick, covering your coughs and sneezes with a tissue, washing your hands frequently with soap and water for at least 20 seconds, and cleaning surfaces such as toys, doorknobs, and mobile devices often. Flu can be treated with antiviral drugs your doctor can prescribe when illness is caught early.

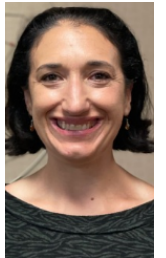
RSV: It can be serious, especially in babies and children under 5 years and in older adults. Most people recover in 1-2 weeks from RSV, a common virus that usually causes mild cold-like symptoms. RSV has no specific treatment, but call your healthcare provider if you or your child has difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms. Follow the same daily preventive actions as described above for flu.

COVID-19: It's still circulating and causes serious illness, hospitalization, and death. Vaccines and boosters are effective at protecting people. Everyone ages 6 months and older is recommended to get a COVID-19 vaccine and those ages 5-plus should receive an updated COVID-19 booster, when eligible. Treatments are available and should be taken early if you get sick with COVID-19. If in doubt, get tested. For prevention guidelines, visit www.cdc.gov/covid or call the PCHC triage nurse at **(715) 588-3371**

Who Serves You?

Meet Dr. Amy Roberts

Dr. Roberts is a compassionate, knowledgeable, family medicine specialist with nearly 10 years of rural medicine, inpatient hospitalist care, and medical administration experience. Our newest PCHC doctor, she brings extensive experience in the medical response to COVID-19. Her care for patients includes: treating all ages, joint injections, trigger point injections, women's health, including Nexplanon and IUD placement and removal.



Dr. Roberts is fluent in the Spanish language and has a passion for all animals and outdoor activities, such as hiking and kayaking. She also enjoys group fitness and spending time with family and friends. Please say hello, to Dr. Roberts, when you visit PCHC. Or, if you speak Spanish, say Hola!

Can't Make Appointment? Call Us. Others Are Waiting

It's more important than ever to let us know if you cannot make your PCHC appointment. Please call us to cancel by dialing **(715) 588-3371**. Then we can give your spot to another community member waiting for an opening. It helps! Miigwetch!