

September 28, 2020

St. Louis County COVID-19 Update

Flu Vaccines

Free flu vaccines are now available through the St. Louis County Department of Public Health and appointments can be made online [here](#).

Getting a flu shot has always been a key step in staying healthy and with the COVID-19 pandemic, it's never been more critical. Common symptoms of COVID-19 – fever, coughing, congestion, difficulty breathing – are similar to the symptoms of the flu. Flu shots do not prevent COVID-19. However, getting a flu shot decreases your chances of getting the flu and keeps people healthy and out of hospital for flu treatment.

This personal protective measure preserves the capacity to provide hospital care for those with COVID-19. Based on recommends from the CDC, those six months and older should get the flu shot, unless they have a medical reason not to do so.

Youth Sports Guidance

Effective today, the new guidelines for youth sports go into effect. With these new guidelines, more sports will be allowed to be played, however, we urge all athletes, coaches and parents to closely follow the restrictions that accompany these new guidelines.

Physical activity is a vital component of keeping kids healthy and St. Louis County continues to balance the importance of activity for our children with the reality of increased community spread.

Getting children back into the classroom as soon as safely possible and as soon as school districts are comfortable doing so is a priority. These youth sports guidelines are to serve as a balance: Limit the transmission of COVID-19 as students engage in sporting events without impeding the progress made to return to the classroom. It has been released that elementary and middle school students can return to the classroom, however, is not a mandate. In partnership with the districts, that decision is made on what is best for the safety of their students and staff.

DPH set these youth sports guidelines after input from athletic directors, pediatricians and other sports advocates. Details of the guidelines, which go into effect today, can be found [here](#).

The goal of this partnership is to determine best practices by all who sponsor and support youth sports in St. Louis County. The hard work of protecting ourselves and others from the virus is paying off. Overall, we have a positivity rate of 4.8 percent. Compliance with our mask mandate and social distancing guidelines is strong.

Sara Dayley

Digital and Media Relations

Saint Louis County Department of Public Health

(314) 615-5090 (Office)

[Twitter: @StLCountyDOH](#)

[FB: @StLCountyDOH](#)

Insta: @StLCountyDOH