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Start the new year with health and wellness

Atrium Health Floyd expert shares tips for a healthy new year

ROME, Ga., Jan. 14, 2026 – As we celebrate the start of a new year, staying safe from seasonal respiratory illnesses is more important than ever.

The key to staying healthy is a three-fold approach, according to Atrium Health Floyd's Dr. Jacob Collier.

"There are three simple ways to protect yourself and your loved ones from illness this sick season," Dr. Collier said. "If you're not vaccinated, I encourage you to get vaccinated against the flu, COVID and RSV. If you're experiencing respiratory symptoms, wear a mask when you are with others, and stay home when possible. And, finally, wash your hands regularly, especially after touching commonly used objects such as doorknobs and handrails."

To help protect our most vulnerable patients, Atrium Health Floyd is asking visitors to limit visitation and to wear masks in areas where direct patient care is provided and in waiting areas in hospitals or emergency rooms, areas where infusion services are provided, areas where cancer patients receive care and other locations. For more information, visit atriumhealthfloydharbin.org/patients-visitors/for-visitors.

"It's also important to be aware of changes in your community," Dr. Collier said. "If there is a significant uptick in the number of respiratory virus cases, be prepared to adjust your schedule and travel to help prevent the spread of these illnesses."

If you have troubling symptoms, it's important to take action, Dr. Collier said. Schedule a visit with your primary care physician or visit an Urgent Care center. If your symptoms are severe, go to the nearest emergency room.

"We're in a new year filled with new opportunities. I and my colleagues are here to help you improve your health and keep you healthy this winter and beyond," he said.

About Atrium Health Floyd

The [Atrium Health Floyd](#) family of health care services is a leading medical provider and economic force in northwest Georgia and northeast Alabama. Atrium Health Floyd is part of Charlotte, North Carolina-based [Advocate Health](#), the third-largest nonprofit health system in the United States, created from the combination of [Atrium Health](#) and Advocate Aurora Health. Atrium Health Floyd strategically combined with Harbin Clinic in 2024 and employs more than 5,200 teammates who provide care in over 40 medical specialties at four facilities: Atrium Health Floyd Medical Center – a 361-bed full-service, acute care hospital and regional referral center in Rome, Georgia; Atrium Health Floyd Polk Medical Center in Cedartown, Georgia; and Atrium Health Floyd Cherokee Medical Center in Centre, Alabama; and Atrium Health Floyd Medical Center Behavioral Health, also in Rome. Together, Atrium Health Floyd and Harbin Clinic provide primary care, specialty care and urgent care throughout northwest Georgia and northeast Alabama. Atrium Health Floyd also operates a stand-alone emergency department in Chattooga County, the first such facility to be built from the ground-up in Georgia.

About Advocate Health

[Advocate Health](#) is the third-largest nonprofit, integrated health system in the United States, created from the combination of Advocate Aurora Health and Atrium Health. Providing care under the names [Advocate Health Care](#) in Illinois; [Atrium Health](#) in the Carolinas, Georgia and Alabama; and [Aurora Health Care](#) in Wisconsin, Advocate Health is a national leader in clinical innovation, health outcomes, consumer experience and value-based care. Headquartered in Charlotte, North Carolina, Advocate Health services nearly 6 million patients and is engaged in hundreds of clinical trials and research studies, with [Wake Forest University School of Medicine](#) serving as the academic core of the enterprise. Advocate Health is nationally recognized for its expertise in heart and vascular, neurosciences, oncology, pediatrics and rehabilitation, as well as organ transplants, burn treatments and specialized musculoskeletal programs. Advocate Health employs more than 160,000 teammates across 69 hospitals and over 1,000 care locations and offers one of the nation's largest graduate medical education programs with over 2,000 residents and fellows across more than 200 programs. Committed to redefining care for all, Advocate Health provides more than \$6 billion in annual community benefits.

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