

2024-25 RESPIRATORY DISEASES IMMUNIZATION TALKING POINTS

FOR DRAFTING SOCIAL MEDIA MESSAGES, PRESS RELEASES, ARTICLES AND OTHER COMMUNICATIONS:

Respiratory infections like flu, COVID-19, and RSV are common during the fall and winter; serious complications can be prevented by getting immunized when eligible.

- Updated [flu](#) and [COVID-19](#) vaccines are recommended for everyone 6 months and older when available. Respiratory Syncytial Virus (RSV) immunizations are recommended for eligible pregnant people, older adults, infants, and toddlers. These immunizations decrease your chances of getting very sick. Talk to your health care provider today!
- Getting immunized against flu, COVID-19, and RSV means fewer sick days and more time with your loved ones. Get your vaccines today!
- No vaccine is 100%, but even if you catch these viruses while immunized, your symptoms may be less severe, and you are less likely to be hospitalized.
- Getting immunized against these respiratory diseases has been proven safe and effective in preventing serious illness and death in children and adults.
- Flu, COVID-19, and RSV immunizations are the best protection against related hospitalization and death.

We are stronger when we are all protected against respiratory diseases. Talk to your health care provider about getting immunized against flu, COVID-19, and RSV.

- Reduce the chances of spreading respiratory illnesses to those you love. Ask your health care provider today if you and your loved ones are up to date on immunizations.
- Do your part to protect yourselves and your loved ones from serious illness by getting immunized this respiratory season.
- Getting immunized is one way we can look out for one another and keep each other healthy.
- Immunizations can help lessen the burden on our healthcare system during respiratory virus season. Let's keep each other healthy and out of the hospital!

Older adults and those with underlying medical conditions are at higher risk of complications from flu, COVID-19, and RSV. Protect yourself, your family, and your community with these vaccines.

- Just like our phones and computers need to be updated, our immune systems need updating, too! Stay up to date with 2024-2025 flu and COVID-19 vaccines. If you are age 60+ also ask your doctor about the RSV vaccine. Don't have a healthcare provider? Check out myturn.ca.gov to find a vaccine site near you.
- Adults 75+ and those 60-74 years of age with [chronic conditions](#) are recommended to receive a dose of [RSV vaccine](#). When you get your updated [flu and COVID-19 vaccines](#), ask your doctor if RSV vaccine is right for you.
- Are you 60 or older? If so, you may be at higher risk for severe disease from RSV. Protect yourself and your loved ones from getting very sick this virus season!
- Save yourself the extra trip! When you get your updated 2024-2025 flu and COVID-19 vaccines, ask your health care provider about other vaccines you may need, including RSV vaccine. It is safe AND convenient to get them at the same visit!

Pregnant people are also more vulnerable to complications from respiratory diseases. Staying up to date with vaccines during pregnancy helps protect you and your baby.

- Getting vaccinated against flu, COVID-19, and Respiratory Syncytial Virus (RSV) during pregnancy helps protect you and your baby from related complications. Talk to your prenatal care provider about getting these vaccines today!
- Getting vaccinated during pregnancy can also help protect your baby from serious infections like RSV. Talk to your prenatal care provider about getting the prenatal RSV vaccine if you are 32-36 weeks pregnant, along with flu, COVID-19, and [other vaccines](#)!
- Getting vaccinated against flu, COVID-19, and RSV during pregnancy helps pass on protective antibodies to your baby before birth. Contact your prenatal care provider about getting these immunizations today!

During the fall and winter months, infants need protection against flu, COVID-19, and RSV!

- Respiratory disease season is here! Once your baby turns 6 months of age, make sure they are protected against 3 of the most dangerous diseases for infants: flu, COVID-19, and RSV (if vaccine was not given during pregnancy). Talk to their health care provider about these vaccines today!
- Respiratory diseases like flu, COVID-19, and RSV can be very dangerous for little ones! Talk to your child's doctor about getting the RSV immunization (monoclonal antibody) recommended for all babies under 8 months of age. Some children 8 months – 19 months may also be eligible if they are at [high risk](#). Keep them safe and protected!
- Children 6 months to 8 years of age getting flu vaccines for the first time need 2 doses 4 weeks apart for maximum protection. Talk to their health care provider about flu vaccines today!
- Baby, child, tween, or teen? Flu vaccine by Halloween! Make sure to call their health care provider to get them vaccinated.

Kids are back to school, so let's make sure we keep everyone safe and protected from flu and COVID-19!

- It is important that kids are vaccinated against serious respiratory diseases like flu and COVID-19, which can easily spread in our schools. Keep our kids and our schools healthy.
- Let's prevent outbreaks and missed school days due to flu and COVID-19. Talk to their health care provider to get them vaccinated today!
- Let's keep our kids safe, healthy, and thriving! Get your kids vaccinated against flu and COVID-19 this fall.
- Flu and COVID-19 vaccines help protect children from getting severely sick. Schedule a flu and COVID-19 vaccine appointment with your child's health care provider or at myturn.ca.gov.

- **Need proof of vaccines for childcare or school? Request a copy of your vaccine record from the California Digital Vaccine Record portal at <https://myvaccinerecord.cdph.ca.gov/>.**

Protect young ones in childcare from respiratory illnesses. Let's keep our children safe and healthy by getting them immunized.

- **Getting your young child vaccinated against flu and COVID-19 may reduce disruptions to childcare and learning. Let's keep our children safe, healthy, and thriving!**
- **With respiratory disease season here, make sure children get vaccinated against flu and COVID-19 to protect themselves and others around them from getting sick!**
- **Children are recommended to get updated flu and COVID-19 vaccines. Starting this fall, keep your child safe and healthy against these diseases. Ask your child's doctor if they are recommended to receive RSV immunization when getting flu and COVID-19 vaccines.**