

FALL 2023 INFLUENZA VACCINE TALKING POINTS

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

Getting vaccinated against the flu remains safe and the best way to protect yourself and your loved ones.

- Getting the flu vaccine every year has been proven safe and effective in preventing serious illness and death in children and adults.
- No vaccine is 100%, but even if you catch the flu while vaccinated, your symptoms may be less severe, and you are less likely to get others sick.
- Getting vaccinated against flu means fewer sick visits to the doctor and more time with your loved ones. Get your flu shot today and avoid sick days!
- Do your part to protect yourselves and your loved ones by getting vaccinated against flu.
- We are stronger when we are all protected. Call your doctor or pharmacist to get vaccinated against flu today!
- Getting vaccinated is one way we can look out for one another. The flu vaccine can help prevent serious illness for you or someone else.
- Flu vaccination can help lessen the burden on our healthcare system, allowing hospitals and clinics to care for other illnesses. Let's keep each other healthy and out of the hospital!
- Need proof of having received your flu vaccine? Request a copy of your vaccine record from the California Digital Vaccine Record portal at <https://myvaccinerecord.cdph.ca.gov/>.

It is safe and convenient to get the flu vaccine at the same time as other vaccines, including updated COVID-19 vaccines and the RSV vaccine for infants and older adults. Older adults or those with underlying medical conditions are at higher risk for complications.

- Keep your immune systems up to date! Just like our phones and computers need to be updated to avoid viruses, our immune systems need updating, too! Schedule your flu and COVID-19 vaccines today at myturn.ca.gov.

- Save yourself the extra trip! When you get your flu vaccine, ask your doctor or pharmacist about other vaccines you may need, including updated COVID-19 and RSV vaccines if eligible. It is safe AND convenient to get them at the same visit!
- It is important to get both flu and updated COVID-19 vaccines to stay safe and protected, especially for those with underlying medical conditions and older adults, who are at highest risk for complications and hospitalizations.
- Those with chronic conditions or who are immunocompromised are at high risk for complications from flu and COVID-19. Stay up to date with flu and COVID-19 vaccines. Talk to your doctor or check out myturn.ca.gov to find a vaccine site near you.
- People with heart disease, asthma, and diabetes are at [higher risk](#) for flu complications. Ask your doctor about getting vaccinated against flu and COVID-19 at your next visit!
- Are you 60 or older? If so, you are at higher risk for severe disease from Respiratory Syncytial Virus (RSV), a common respiratory virus. When you get your flu vaccine, ask your health care provider if the new RSV vaccine is right for you. Protect yourself and your loved ones from getting very sick this virus season!

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

- Flu season is here! Everyone 6 months of age and older is recommended to get vaccinated against flu by the end of October each year, especially babies and pregnant people who are most at risk for getting very sick.
- Once your baby turns 6 months of age, make sure to protect them against 3 of the most dangerous diseases for infants: flu, COVID-19, and RSV. Talk to your child's doctor about these shots 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 best protection.
- Young children 6 months - 8 years old are most vulnerable to getting sick from the flu. Two doses of flu vaccine can provide the maximum protection they need. Talk to their doctor about flu vaccines today!
- Getting vaccinated will protect yourself from getting very sick and protect infants under 6 months of age and others who can't get vaccinated against flu.
- Baby, child, tween, or teen? Flu vaccine by Halloween! Make sure to call their doctor or pharmacist to get them vaccinated!
- Everyone 6 months and older is recommended to receive at least 1 dose of updated COVID-19 vaccine. Depending on your age and health conditions, you may be eligible for additional doses. To book your flu and updated COVID-19 vaccine appointments for your family or to find a walk-in clinic, visit [My Turn](#).

Getting vaccinated during pregnancy helps protect you and your baby.

- Getting vaccinated against flu and COVID-19 during pregnancy helps protect you and your baby from related complications, including stillbirth, pregnancy loss, and pre-term labor. Talk to your prenatal care provider about getting these immunizations today!
- Getting vaccinated during pregnancy can also help protect your baby from serious infections like Respiratory Syncytial Virus (RSV). You can get this vaccine on the same day as other vaccines, including flu, Tdap, and COVID-19. Talk to your prenatal care provider about getting the new RSV vaccine during your third trimester to protect your baby.
- Getting vaccinated against flu, COVID-19, and RSV during pregnancy helps pass on protective antibodies to your baby before birth. Talk to your prenatal care provider about getting these immunizations today!

Keep our schools safe and protected!

- It is important to make sure kids are vaccinated against serious diseases like flu and COVID-19, which can easily spread in our schools. Let's prevent outbreaks and missed school days. Talk to their doctor 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 children stay healthy around others in school. Make a flu and COVID-19 vaccine appointment with your child's medical provider or at myturn.ca.gov.

Protect babies and young children in childcare from flu and COVID-19.

- Getting your young child vaccinated against flu and COVID-19 may reduce disruptions to childcare and learning.
- Babies and young children are especially vulnerable to serious complications from flu. Let's keep our children safe from catching the flu, COVID-19, or RSV in childcare centers with life-saving immunizations. It is safe to get these immunizations during the same visit. Talk to your child's doctor about how to protect your baby today.
- With flu season here, make sure kids get vaccinated against flu and COVID-19 to protect other kids and staff from getting sick! Let's keep our children safe, healthy, and thriving!