## FALL-WINTER 2024-25 IMMUNIZATIONS

<table>
<thead>
<tr>
<th></th>
<th>Who is eligible?</th>
<th>What immunizations are recommended?</th>
<th>When should I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Influenza</strong></td>
<td>6 months and older</td>
<td>Flu vaccines are available as a shot or nasal spray. Flu vaccine prevents millions of illnesses and flu-related doctor’s visits each year.</td>
<td>September or October are ideal, but catching up later can still help.</td>
</tr>
<tr>
<td><strong>COVID-19</strong></td>
<td>6 months and older</td>
<td>Updated COVID-19 vaccines protect against COVID-19 this fall and winter.</td>
<td>Get it now to help protect against severe disease (if at least two months since your last COVID-19 shot).</td>
</tr>
<tr>
<td><strong>RSV (Pregnant Persons)</strong></td>
<td>Pregnant persons during weeks 32-36 of pregnancy</td>
<td>RSV vaccine helps to reduce the risk of severe RSV disease in infants (baby will receive protection that lasts for months after birth).</td>
<td>September to January to help protect your baby during RSV season.</td>
</tr>
<tr>
<td><strong>RSV (Infants and Toddlers)</strong></td>
<td>All infants from birth to 8 months and children 8-19 months at high risk of severe RSV disease</td>
<td>Immunization contains preventive antibodies that help fight RSV infections and are 90% effective at preventing RSV-related hospitalization.</td>
<td>Before or during RSV season, usually October-March.</td>
</tr>
<tr>
<td><strong>RSV (Older Adults)</strong></td>
<td>60 years and older</td>
<td>RSV vaccine protects older adults against RSV disease.</td>
<td>Talk with your doctor to see if the vaccine is right for you. You can get it year round. For best protection, CDC recommends vaccination in late summer/early fall.</td>
</tr>
</tbody>
</table>

### Where to get vaccinated?
- Contact your doctor or local pharmacy or visit MyTurn.ca.gov. Influenza and COVID-19 vaccines continue to be free for most people through their private, Medi-Cal or Medicare insurance plans.
- You can receive influenza, COVID-19 and/or RSV immunizations during the same visit.
- Adults without health insurance can visit vaccines.gov to find COVID-19 vaccines at no cost. For RSV vaccine at no cost, find a Vaccines for Adults Program provider. For flu vaccine, check with your local health department.
- Children who are Medi-Cal eligible, American Indian/Alaskan Native, uninsured and underinsured may get no cost vaccines through the Vaccines for Children Program.

*Thanks to Katelyn Jetelina, PhD, MPH and Caitlin Rivers, PhD, MPH for allowing CDPH to adapt this resource.*