



Getting an annual flu vaccine is the best way to protect yourself, your patients and their families from flu illness and potential complications. In California, flu activity usually begins to increase in the fall season and continues through the spring. CDC suggests that vaccination should ideally be given in September or October.

We are promoting flu vaccination throughout September, focusing on specific groups. This week, we are focusing on adults aged 65 and over and patients with chronic illnesses or underlying medical conditions, because they are at [higher risk](#) of complications from flu, hospitalization, or even death. Flu lowers the body's defenses to other diseases, including COVID-19 and can worsen long-term health problems such as diabetes, chronic heart disease, and asthma. This means preventing flu is especially important in these patients.

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Per a new ACIP recommendation, [adults 65 and older should get a higher dose flu vaccine](#) (or recombinant or adjuvanted), if available, for better protection.

A provider's recommendation is one of the largest drivers for increased vaccination rates. So, make a strong recommendation for the flu shot with your adult patients! Continue to partner with your [local health department's immunization program](#) to provide opportunities for your patients to get vaccinated through flu clinics or by offering flu vaccine during routine or sick visits.

**Here are some resources to help promote flu vaccination in your clinics:**

- [CDC 2022-2023 MMWR on Influenza](#)
- [Information on Flu and People 65+](#)
- [Adult Patient FAQ Handout on Flu](#)
- [CDC Influenza Social Media Toolkit](#)
- [Don't Wait Vaccinate Campaign Flu Toolkit](#)

Thank you for protecting your adult patients from flu!