

2021-22 LATE INFLUENZA VACCINE TALKING POINTS

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

With flu and COVID-19 still spreading in California, it's important that children and their families are fully vaccinated against both diseases.

- Even if you have already gotten a COVID-19 vaccine, you are still recommended to get a flu vaccine.
- Make sure you get your COVID-19 and flu vaccines to keep our schools open, healthy, and running strong!
- It's not too late to get vaccinated against the flu! Get the whole family vaccinated to keep you and your loved ones healthy and safe.
- With the combination of COVID-19 surges and flu circulating, getting COVID-19 and flu shots are important to protect your child from both diseases. Don't miss any shots to protect your child!
- It's not too late to get your flu shot! Flu usually [peaks](#) between December and February, but it can spread as late as May. With the flu season still going on, it is important to get a flu vaccine to protect yourself and your loved ones.

Getting sick with the flu or COVID-19 can be dangerous for children.

- COVID-19-related hospitalizations are eleven times higher among unvaccinated children than those fully vaccinated.
- Flu illness is more dangerous than the common cold for children. Each year, millions of children get sick with seasonal flu; thousands of children are hospitalized, and some children die from flu.
- Children younger than 5 years old and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections.

Getting vaccinated is the best tool we have to keep flu and COVID-19 out of our schools.

- Respiratory diseases like flu and COVID-19 can be easily spread in school settings. Getting vaccinated against both diseases can help limit the spread and keep students and staff in the classroom.

- With the flu season still underway, keep yourself, school staff, and students safe by getting the entire family immunized against the flu!
- Getting a flu vaccine is an easy way to keep everyone in our community healthy throughout the school year!
- Getting vaccinated against flu has been shown to reduce flu illnesses, doctor's visits and missed school days.

Getting vaccinated against flu and COVID-19 are safe and easy actions all families can take to protect one another.

- Make sure that everyone 6 months and older in your home is fully vaccinated. Staying healthy and protected is a family affair.
- You can receive COVID-19 (including boosters) and flu shots during the same visit! It's safe and convenient.
- Flu vaccines have a good safety record. Millions of people have safely received flu vaccines for decades and there has been extensive research supporting the safety of flu vaccines.
- Vaccines, like any medicine, can have side effects. When they occur, flu vaccine side effects are generally mild and go away on their own within a few days.
- You can get both flu and COVID-19 shots at your local pharmacy or visit [vaccines.gov](https://www.vaccines.gov) to find a location near you. You can also make vaccine appointments by visiting myturn.ca.gov.
- If more convenient, get family members vaccinated together. Schedule appointments for everyone in the household who haven't been fully vaccinated against flu or COVID-19 yet.