

2022-23 LATE INFLUENZA VACCINE TALKING POINTS

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

Flu is spreading and getting vaccinated is a safe and easy action all families can take now to protect one another – it's not too late!

- If your family is not yet vaccinated against flu, it's not too late! Get the whole family vaccinated to keep you and all your loved ones healthy and safe.
- 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.
- Make sure that everyone 6 months and older in your home is fully vaccinated against flu. Staying healthy and protected is a family affair.
- As we gather and share with loved ones this holiday season, make sure you and your family are protected against flu—it's not too late!

To protect against flu, it is recommended that everyone 6 months of age and older get vaccinated.

- Flu is spreading. CDC and CDPH recommend that everyone 6 months of age and older get immunized against flu.
- Children 8 years of age or younger receiving their flu vaccine for the first time may need 2 doses. Parents, talk to their doctor today about the flu vaccine and make sure your child's second dose is scheduled!
- Pregnant women are strongly recommended to get flu vaccine during any trimester to protect themselves and their baby from the dangers of influenza, including hospitalization, death, preterm birth, stillbirth, and low-birth weight of the baby.
- Older adults aged 65 years and up are now preferentially recommended by CDC to get a high-dose or adjuvanted flu vaccine. Talk to your doctor or local pharmacist today!
- 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.
- Annual 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.

- You can get flu vaccines at your doctor's office, local pharmacy, or visit [vaccines.gov](https://www.vaccines.gov) to find a location nearest you. You can also make a flu vaccine appointment by visiting myturn.ca.gov.

Getting sick from flu can be especially dangerous for older adults, young children and people who are pregnant, have diabetes, asthma, or other chronic conditions.

- Getting vaccinated against flu keeps young children and others at risk from getting severely sick or hospitalized from those diseases.
- Adults over 65 years of age and people who are pregnant or have a chronic condition like asthma, diabetes and heart disease are at higher risk for flu complications, such as pneumonia, hospitalization and death.
- If you are at higher risk of developing serious flu complications, flu vaccination is especially important. When you get vaccinated, you lower your risk of getting sick with flu and possibly being hospitalized or dying from flu.
- 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.
- People with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus infections or ear infections.

With increasing cases of COVID-19 and flu in California, it's important that everyone 6 months of age and older are fully vaccinated to prevent further spread of these diseases.

- Late fall and winter are usually when respiratory diseases peak, so the best way to help our communities stay safe and protected is to get vaccinated against flu and COVID-19.
- We are facing surges of flu, COVID-19, and other respiratory viruses in California. Vaccines are only available for protection against flu and COVID-19; getting vaccinated can help reduce severe cases of those diseases.
- California hospitals are experiencing increasing numbers of flu and COVID-19. When we choose to vaccinate ourselves and our families, we are not only protecting our loved ones but also helping decrease the burden on our healthcare system.

- Make sure to get your COVID-19 and flu vaccines to keep everyone healthy and strong! You can receive COVID-19 (including boosters) and flu vaccines during the same visit. It's safe, effective, and convenient!
- If more convenient for you, get family members vaccinated together. Schedule appointments for everyone in the household who hasn't been fully vaccinated against flu or COVID-19 yet. Remember to also get the updated COVID-19 booster!
- Protect your child from flu and COVID-19 by getting them vaccinated. Ages 6 months+ are now eligible to get the updated (bivalent) COVID-19 vaccine at least 2 months after their 2nd dose.
- 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.

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 at school. Getting vaccinated against both diseases can help keep students and staff in the classroom.
- Make sure to get your COVID-19 and flu vaccines to keep our schools open, healthy, and running strong!
- With the flu season still underway and other widespread respiratory diseases like COVID-19 spreading, keep yourself, school staff, and students safe by getting the entire family immunized against the flu and COVID-19!
- Getting a flu vaccine is an easy way to keep everyone in our community healthier throughout the school year!
- Getting vaccinated against flu has been shown to reduce flu illnesses, doctor's visits and missed school days.
- Keep your kids strong, healthy, and in school! Talk to their doctor or visit a local pharmacy to get them vaccinated against flu and COVID-19 today.