

FALL-WINTER 2024-25 IMMUNIZATIONS



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

Where to get vaccinated?

- Contact your doctor or local pharmacy or visit [MyTurn.ca.gov](https://www.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](https://www.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](#).

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