






# FALL-WINTER 2023-24 IMMUNIZATIONS



	Who is eligible?	What immunizations are recommended?	When should I get it?
<b>Influenza</b> 	6 months and older	<a href="#">Flu vaccines</a> target 4 strains of flu and 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.
<b>COVID-19</b> 	6 months and older	<a href="#">Updated COVID-19 vaccines</a> target the Omicron XBB strain to 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).
<b>RSV (Pregnant Persons)</b> 	Pregnant persons during weeks 32-36 of pregnancy	<a href="#">RSV vaccine</a> to reduce the risk of severe RSV disease in infants (baby will receive protection that lasts for months after birth)	Recommended from September to January to help protect your baby during RSV season
<b>OR</b>			
<b>RSV (Infants and Toddlers)</b> 	All infants from birth to 8 months and children 8-19 months at high risk of severe RSV disease	<a href="#">Immunization</a> contains preventive antibodies that help fight RSV infections and protect children from getting very sick.	Before or during RSV season, usually October-March
<b>RSV (Older Adults)</b> 	60 years and older	<a href="#">RSV vaccine</a> to protect older adults against RSV disease	Available now - Talk with your doctor to determine if vaccination is right for you.

## 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.
- Check with your insurance on timing of RSV immunization coverage.
- You can receive influenza, COVID-19 and/or RSV immunizations during the same visit.
- Adults without health insurance can get no cost COVID-19 vaccine at many pharmacies and clinics participating in the [Bridge Access Program](#). Visit [Vaccines.gov](https://www.vaccines.gov) to find the nearest location.
- 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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