Public Health Brief

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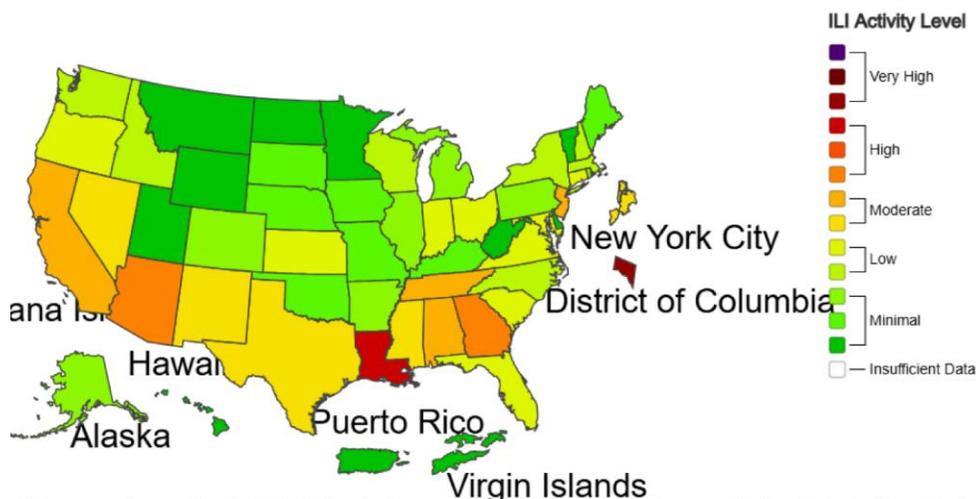
Wednesday, December 11, 2024

Your Last Chance!

Christmas Day is 2 weeks away. Since it takes about 2 weeks for flu or COVID vaccines to become effective, NOW is your last chance to get vaccinated before the holidays. This is especially important if:

- you are 65 years of age and older
- you are immunocompromised
- you will be around family and friends who are older or immunocompromised

As expected, flu-like illnesses around the country are starting to ramp up, especially after all the get togethers over the Thanksgiving weekend. Act now to protect your family, friends, and yourself!
Contact your pharmacy to get vaccinated.

2024-25 Influenza Season Week 48 ending Nov 30, 2024

ILI Activity Level
- Very High
- High
- Moderate
- Low
- Minimal
- — Insufficient Data

Public Health
Prevent. Promote. Protect.

Protect Yourself and Your Family with Flu and COVID-19 Vaccines

CDPH
California Department of Public Health

What are flu and COVID-19?

Flu and COVID-19 are different diseases, but both can make people sick and cause:

- Fever
- Headache
- Body aches/chills
- Cough
- Fatigue or feeling very tired
- Trouble breathing
- Pneumonia (lung disease)
- Hospitalization
- Death

If you have any of these symptoms, it's important to go to a health center to get tested and get treatment. Treatments work best when they start right after symptoms begin.

Do vaccines prevent me from getting sick?

These vaccines work very well to keep you and your family from getting very sick, going to the hospital or even from death. People may still get sick with the flu or COVID-19 after being vaccinated; however, most vaccinated people only get mild symptoms if they do get sick.

Can I get both flu and COVID-19 vaccines at the same time?

Yes, getting the flu and COVID-19 vaccine at the same time is safe, helps you stay protected from these viruses and can also save time!

Who should get flu and COVID-19 vaccines?

Everyone 6 months of age or older should get both flu and COVID-19 vaccines every fall or winter. Some people who are more at risk of getting really sick from these viruses like those with weak immune systems and who are 65 years or older may be recommended to get additional COVID-19 vaccine doses.

Do I need to get these vaccines if I've already gotten them before?

Each year vaccines are updated to protect us from viruses that are always changing. That's why staying up to date on your flu and COVID-19 vaccines is so important for keeping you healthy and helps you not miss days of work or school.

Does the flu vaccine protect me against bird flu?

No. The flu vaccine protects against the regular seasonal flu. If you work with farm animals like poultry and cows, you are at higher risk for getting bird flu. Getting a flu vaccine can help lower your risk of getting both seasonal flu and bird flu at the same time and getting very sick with multiple viruses.

Are there any side effects of flu and COVID-19 vaccines?

Side effects usually last a short time, are mild and may include arm pain, fever, body aches and chills.

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