



FOR IMMEDIATE RELEASE

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Now Is the Right Time to Get Updated COVID and Flu Shot

Bay Area Health Officials Recommend Fall 2025 Updated Vaccines in Alignment with State of California Guidance

San Francisco Bay Area—Today, Health officers from the 13 Bay Area health jurisdictions advised the public to get updated vaccines now to protect against flu and COVID this season. The fall 2025 updated flu vaccine and fall 2025 updated COVID vaccine are now available in pharmacies and healthcare provider offices throughout the Bay Area.

Everyone 6 months and older is recommended to receive an updated flu vaccine each year. Everyone 6 months and older who lives in California can also get the updated fall 2025 COVID vaccine for protection against COVID infection. Health officials from the counties of Alameda, Contra Costa, Marin, Monterey, Napa, San Benito, San Mateo, San Francisco, Santa Clara, Santa Cruz, Solano, Sonoma and the City of Berkeley want everyone in the Bay Area to know that these vaccines are safe and effective. Vaccines help you and your family stay healthy, preventing severe illness and hospital visits. The [State of California provides science-based recommendations](#) about exactly who needs vaccination to protect against respiratory viruses, and Bay Area health officials are aligned with these recommendations that safeguard vaccine access. The COVID vaccine is especially recommended for older adults, pregnant people, infants and toddlers, and anyone else with risk for serious disease.

"Protect yourself and others," said Dr. Lisa Hernandez, Santa Cruz County Health Officer. "Getting vaccinated against flu and COVID isn't just caring for your health, you're also helping to safeguard your family, friends, and the most vulnerable members of your community."

Get vaccinated with the updated vaccines at your regular healthcare provider or a pharmacy covered by your insurance. Despite recent federal changes, the updated fall 2025 COVID shot is still free or low-cost for people who live in California and who have health insurance regulated by this state. The same goes for the annual flu shot.

In addition to vaccines, the best defense against flu and COVID-19 starts with good prevention.

- Stay Home if You're Sick
- Consider Wearing a Mask in Indoor Public Places
- Wash Your Hands
- Cover Your Cough or Sneeze.

For local respiratory virus information visit santacruzhealth.org/respiratoryviruses.

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