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

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

Alameda County, CA—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 doctors' 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, and 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.

“Winter is coming and it’s the perfect time to get the seasonal Flu and COVID vaccines. Getting the updated Flu and COVID vaccines are two of the best ways you can stay healthy this winter.” says Alameda County Health Officer, Dr. Nicholas Moss.

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.

Resources in Alameda County include:

- [Alameda County Community Vaccination Clinics](#)
- [Family Justice Center Immunization Clinic](#)
- [Alameda County In-Home Vaccination Portal](#)
- If you are having difficulty finding a provider offering COVID shots for your child aged 6 months to 2 years, please contact the [Alameda County Public Health Department](#), consult your pediatrician, and/or go to <https://myturn.ca.gov>.

Learn more about Alameda County Health at health.alamedacountyca.gov

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