Addressing Local Threats to Lung Health

BREATHE®
CALIFORNIA

To remain safe and healthy, protect yourself against COVID, Influenza and RSV.

COVID-19

Vaccination is a safe and effective way to prevent disease. COVID-19 vaccines teach our immune systems how to fight the virus that causes COVID-19. The updated bivalent boosters target the Omicron variant and the original virus strain. When we get vaccinated, we are also protecting those around us.

Vaccination helps you avoid serious illness, hospitalization, and death and makes it safer to return to activities you did before the pandemic. This and other healthy habits, including wearing a high-quality mask (KN95 or N-95) and improving air flow in indoor spaces offer the best protection from COVID-19.

For free, any Californian ages 6 months and older can get vaccinated, and those ages 5 years and up can get the bivalent COVID-19 vaccine booster, regardless of insurance or immigration status!
Visit the links below to find vaccinations and boosters at locations in your area.

Alameda County
https://covid-19.acgov.org/vaccines

Contra Costa County
https://www.coronavirus.cchealth.org/vaccine

Monterey County
https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-covid-19/2019-novel-coronavirus-covid-19-vaccines

San Benito County
https://hhsa.cosb.us/public-health/covid-19/

San Francisco County
https://sf.gov/covid-19-vaccine-san-francisco

San Mateo County
https://www.smchealth.org/covid-19-vaccination-program-overview

Santa Clara County
https://covid19.sccgov.org/covid-19-vaccine-information

Santa Cruz County
https://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome/Vaccine.aspx

INFLUENZA

The Flu is a serious disease caused by influenza viruses, mainly during the winter seasons. Symptoms include fever, cough, headache, muscle aches, weakness, sore throat, and runny nose. People with the flu may spread it to others up to 5-7 days after first feeling sick. If you have not already been vaccinated for the 2022-2023 Flu Season, you should do so as soon as possible.

Influenza is the most dangerous for children, seniors, and people who are immunocompromised. It spreads through the tiny droplets produced when an infected person coughs, sneezes, or talks. You can get infected by breathing in these droplets, or by touching surfaces covered with these drops and then touching your mouth, nose, or eyes.

You can book an appointment for a flu vaccination through your own medical provider, but you can also find local clinics, pharmacies, and other facilities that provide the service at https://www.vaccines.gov/find-vaccines/

RSV

RSV, which stands for respiratory syncytial virus, is a common, contagious virus that causes infections of the respiratory tract. It spreads through contaminated air droplets and contact with infected individuals. Those at highest risk are babies under 12 months and older people.

Among those 65 and older, an estimated 177,000 are hospitalized each year, with 14,000 deaths. RSV can live for up to 25 minutes on contaminated skin and several hours on other surfaces . The virus is most common during the winter months due to increased indoor crowding and viral stability in lower temperatures.

There is no vaccine for RSV, so to avoid transmission, steer clear of crowds, wash your hands frequently and thoroughly, and wear a mask – especially around toddlers. Learn more at https://www.cdc.gov/rsv/index.html