A Guide to Getting Your Updated Flu and COVID-19 Vaccines in Sacramento

CVEEP
Champions for
Vaccine Education,
Equity + Progress

Respiratory illness season is here. Staying up to date with the latest vaccines is the best way to help protect against the worst outcomes of many infectious respiratory diseases, including COVID-and flu.

Who needs flu and COVID-19 vaccines?

- **Flu:** The CDC recommends everyone ages 6 months and older receive a 2024-2025 flu vaccine every year in the fall.

- **COVID-19:** The CDC recommends everyone ages 6 months and older receive a 2024–2025 COVID-19 vaccine. CDC also recommends a second dose of the 2024–2025 COVID-19 vaccine for people who are 65 years and older and for those who are moderately or severely immunocompromised. The second dose should be given 6 months after the first dose.

Where can I get the latest COVID-19 and flu vaccines in Sacramento?

- **Pharmacies:** Most major pharmacies offer many vaccines. Check with your pharmacy to see what vaccines are available and if an appointment is needed. **Vaccines.gov** features a pharmacy lookup tool to help you find a pharmacy near you.

- **Healthcare Provider's Office:** If you have a primary healthcare provider, you can schedule an appointment to discuss staying up to date with your COVID-19 and flu vaccines—and get vaccinated.

- **California Department of Public Health:** Individuals in California can visit **myturn.ca.gov** to find a clinic providing COVID-19 and flu vaccines.

- **Sacramento County Public Health:** For uninsured adults and children 6 months and older who are on Medi-Cal or uninsured, Sacramento County Public Health offers COVID-19 vaccine pop up clinics that are available on a weekly basis. (*Sacramento County Public Health clinics are open to people who live or work in Sacramento County.*)

Learn more

Will I have to pay out-of-pocket to get vaccinated?

- **Have insurance?** COVID-19 and flu vaccines for children and adults are covered by nearly all insurance plans at no cost. Be sure to check that your vaccine provider takes your insurance.

- **No insurance or underinsured?**
  Adults without health insurance or have health plans that do not cover the cost of COVID-19 or flu vaccines may be able to get a vaccine at no cost from Sacramento County Public Health clinics, select Community Clinics, and some retail pharmacies.

  Children 18 years old or younger who are uninsured or otherwise unable to afford the cost of vaccines, including those who have Medicaid or qualify for CHIP benefits, can receive vaccines free of cost through the Vaccines for Children (VFC) program.

What should I bring to a vaccine appointment?

- **Identification** (such as a driver's license or other issued ID)
- **Insurance cards**

cveep.org