

# Monthly Immunization Update

November 2025

Dear Providers and Partners,

The purpose of this newsletter is to deliver quick and meaningful updates to support our providers in a variety of vaccine settings and, maintain our connection with all of you. We welcome your questions and comments. Please feel free to share this newsletter with your colleagues. Thank you!

## *Healthy Gatherings*

As holidays are approaching the single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but good habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu.

Some tips and resources below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

### 1. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

**A. [Handwashing: Clean Hands Save Lives](#)** Tips on hand washing and using alcohol-based hand sanitizers

### 2. Avoid touching your eyes, nose or mouth.

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### 3. Practice good hygiene and other healthy habits.

**[Cleaning](#)** frequently touched surfaces, such as countertops, handrails, and doorknobs regularly can help prevent the spread of some illnesses. Also, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### 4. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too. Putting **[physical distance](#)** between yourself and others can help lower the risk of spreading a respiratory virus.

### 5. Take steps for cleaner air.

You can improve air quality by bringing fresh outside air, purifying indoor air or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.

For more information, please click **[here](#)**.



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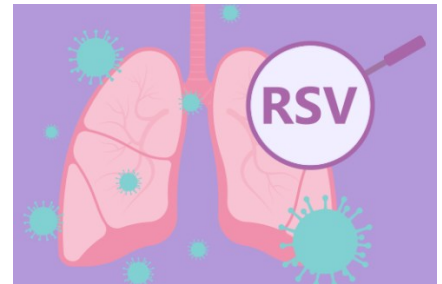
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## RSV - What you need to know

Respiratory Syncytial Virus (RSV) causes cold-like symptoms. It can cause severe disease for infants and older adults. In most years, RSV is most common between October through March. RSV can spread at the same time as COVID-19 and flu. It's important to protect yourself and others by getting vaccines for all three diseases. This is especially true if you are at risk for severe disease.

### People with RSV infection typically have the following symptoms:

- Fever
- Cough
- Runny nose
- Wheezing
- In very young infants-increased irritability and difficulty breathing



### It can spread when:

- Someone with the virus sneezes or cough
- Someone with the virus is in close contact with others
- Touching infected surfaces then touching your face without washing your hands

### RSV can cause:

- Severe inflammation of the small airways in the lungs (bronchiolitis)
- Pneumonia (infection of the lungs)

### Those more likely to need hospitalization due to RSV include:

- Infants under one year old, especially infants with underlying conditions
- 50-74 years old with underlying conditions
- Adults 75 years old or older



For more information about RSV, please see the California Department of Public Health's [webpage](#).

### Announcements:

Ventura County Public Health's Immunization Program and Emergency Medical Services will be hosting free community Flu event open to the public on the following date:

- Saturday, **November 1st** at the **Nyeland Acres Community Center** from **9:00AM-12:00PM**  
3334 Santa Clara Avenue, Oxnard, CA 93036

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We are on the web!

<https://vchca.org/immunization-program>

or follow us on

