

Monthly Immunization Update

November 2025

Dear Schools and partners,

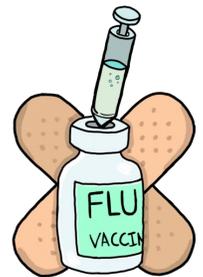
The purpose of this newsletter is to deliver quick and meaningful updates to support our schools and partners in a variety of vaccine settings, and maintain our connection with all of you. We welcome your questions and comments. Please feel free to share this newsletter with all of your colleagues. Thank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

Tips to reduce the risk of seasonal flu

The **single best way to reduce the risk of seasonal flu and its potentially serious complications is to get [vaccinated](#)** each year, but preventative actions like avoiding people who are sick, covering your cough and washing your hands also can help stop the spread of germs and prevent respiratory illness like flu. This also can include [taking steps for cleaner air](#) and [hygiene practices](#) like cleaning frequently touched surfaces.

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

1. **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 respiratory virus.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when [you're sick](#). You can go back to your normal activities when, for at least 24 hours, both are true:
 - A. your symptoms are getting better overall, **and**
 - B. You have not had a fever (and are not using fever-reducing medication). After these two criteria are met, there are some additional precautions that can be taken to protect others from respiratory illness.
3. **Cover your mouth and nose.** Cover your mouth and nose when coughing or sneezing. It may prevent those around you from getting sick. Influenza viruses are thought to spread mainly by droplets made when people with flu cough, sneeze or talk. Wearing a mask is an additional prevention strategy that you can choose to do further protect yourself and others. When worn by person wearers from breathing in infectious particles from people around them.
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap



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and water are not available, use an alcohol-based hand rub.

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

5. **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.
6. Take steps for cleaner air. You can improve air quality by bringing in fresh outside air, purifying indoor air or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.
7. **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.

For more information, please see the [Centers for Disease Control and Prevention webpage](#).

Immunization Reporting Reminder

All California schools and pre-kindergarten (child care/ preschool) facilities are required to assess and annually report the immunization status of their enrollees. **Reports are due December 5, 2025.**

Reporting Instructions and useful resources:

- Frequently Asked Questions: [Reporting FAQ](#)
- Pre-K Immunization Assessment Instructions: [Reporting Pre-Kindergarten](#)
- TK/Kindergarten Immunization Assessment Instructions: [Reporting Kindergarten](#)
- 7th Grade Immunization Assessment Instructions: [reporting 7th grade](#)

Immunization Reporting

[Reporting Website](#)

This site is for school and child care staff to submit annual reports on the immunization status of their students.

[Enter Site](#)

Announcements:

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

- **Saturday, November 1st at 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

