



Monthly Immunization Update

December 2025

Dear Providers and Partners,

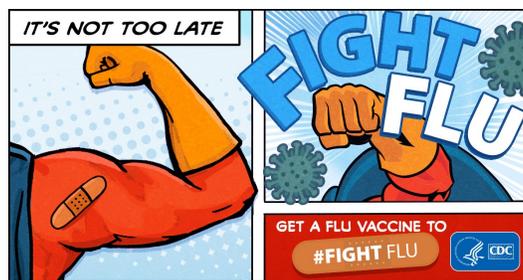
The purpose of this newsletter is to deliver quick and meaningful updates to support our providers in a variety of vaccine settings and, maintain our connection with all of you. We welcome your questions and comments. Please feel free to share this newsletter with your colleagues. Thank you!

National Influenza Vaccine Week 2025

National Influenza Vaccination Week (NIVW) is an annual observance to remind everyone 6 months and older that there's still time to get vaccinated against flu from December 6-12th, 2025. Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including pregnant people and young children. Millions of children get sick with flu every year, and thousands will be hospitalized as a result. Pregnant people also are at higher risk of developing serious flu complications.

Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to reduce your risk from flu. A flu vaccine is the only vaccine that protects against flu and has been shown to reduce the risk of flu illness, hospitalization, and death.

Together, we can use NIVW as a nationwide call to action to encourage everyone 6 months and older to get their annual flu vaccine, especially pregnant people, young children, and others at higher risk. The more people vaccinated against flu, the more people are protected from flu.



Wrapping Up Flu Season 2025

Ventura County Public Health's Immunization Program, in collaboration with Emergency Medical Services, the Medical Reserve Corps, and the Health Education Team, successfully completed this season's three large-scale Flu Point of Distribution (POD) events, along with seven flu clinics for the ARC Foundation and one for the MICOP Annual Health Fair.

Together, these efforts resulted in the administration of **358 flu vaccines** to community...

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members across Ventura County.

A heartfelt thank you to everyone who contributed to making this year's flu vaccination events a success!



Holiday Travel Tips

Holiday travel includes visiting loved ones or taking a vacation. Whether you're seeking a winter wonderland or escaping subzero temperatures, follow these travel tips for a healthy and safe holiday travel season.

Before Travel Tips

[Check CDC's destination pages for travel health information.](#) Check CDC's webpage for your destination to see what vaccines or medicines you may need and what diseases or health risks are a concern at your destination.



Make sure you are up to date with all of your routine vaccines.

Get up to date with your COVID-19 vaccines and get a seasonal flu vaccine. In the United States, CDC recommends getting a [flu](#) vaccine before the end of October

Prepare a [travel health kit](#) with items you may need, especially those items that may be difficult to find at your destination. Include your prescriptions and over-the-counter medicines in your travel health kit and take enough to last your entire trip, plus extra in case of travel delays. Depending on your destination you may also want to pack a [mask](#), [insect repellent](#), [sunscreen](#) (SPF 15 or higher), aloe, alcohol-based hand sanitizer, water disinfection tablets, and your health insurance card.

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

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We are on the web!

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

or follow us on

