



Office of Community Partnerships and Strategic Communications  
Governor's Office of Planning and Research  
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## COVID-19 Vaccine Talking Points-One Sheet

**Approved as of October 27, 2022,**

### Top line messages:

- Getting vaccinated is the safest way to protect against the worst outcomes of COVID-19, including hospitalization, long COVID, and death.
- Getting boosted helps keep your immunity strong against severe illness.
- The known risks of COVID-19 infection far outweigh the potential risk of rare adverse reactions after vaccination.
- Getting vaccinated helps reduce the spread of COVID-19 and its variants to our loved ones and in our communities.
- Find a vaccine near you by visiting [MyTurn.ca.gov](https://myturn.ca.gov) or by calling (833) 422-4255.

### Most recent vaccine eligibility

- COVID-19 vaccines are recommended for everyone ages 6 months and older.
- Everyone 5 and older *should* get the updated booster. You are eligible to get the updated booster at least 2 months following any COVID vaccine. Following prior infection, you are eligible to get the updated booster as soon as symptoms have resolved or may choose to delay by 3 months.
- It is safe and recommended to get the COVID-19 vaccine with other vaccines, such as the flu. Children are best protected when they stay up-to-date on all their routine immunizations.

### Most recent guidance on harm reduction

- [CDPH recommendations on masking](#) are based on low, medium, or high [community COVID-19 levels](#). CDPH recommends wearing a mask for most Californians only in crowded indoor public places **when community levels are high**. CDPH recommends wearing a mask for those with [immune compromise](#) **when community levels are medium**.
- Test before and after large gatherings, before and after travel, if you were exposed to someone who tested positive for COVID-19, or if you are having symptoms.

### Current variants

- Omicron BA.5 is the dominant strain of the COVID-19 virus in the U.S. accounting for about 85% of cases in California. [Emerging strains](#) are sublineages of Omicron including BA.2.75, BA.4.6, and BF.7.



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### Stopping misinformation

- Why should I get the updated booster?
  - Rates of cases and hospitalizations increased as a result of Omicron variants. Staying up-to-date on COVID-19 vaccines, including primary series and booster doses, continues to protect against the worst outcomes of COVID-19, even with emerging variants, for many months following vaccination.
    - 300 people are dying per day in the U.S. with the majority of deaths among older adults.
    - Compared with ages 18 to 29 years, the rate of death is 25 times higher for those who are ages 50-64 and 60 times higher for those who are ages 65-74.
  - The previous boosters targeted only the original strain while the updated boosters target the original strain and the Omicron strains that have been causing the most recent cases. The updated boosters increase immunity against the newer Omicron variants that account for most current cases and increase immunity against prior strains.
  - As variants emerge, updated booster doses remain an important tool to protect against circulating strains.