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# PATIENT NEWSLETTER



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### Vaccines: Do It For You; Do It For Them

Although COVID-19 is no longer considered a global health emergency, it is still very much a pandemic and it appears to be here to stay. But COVID will not be the only culprit spreading potentially dangerous, immune system-weakening illnesses. As we move into the fall season, it's important to protect yourself, your loved ones, your co-workers and even strangers from contracting different types of respiratory viruses by taking advantage of vaccines. While vaccines are not 100% fool-proof, they can minimize the severity of symptoms and reduce the risk for serious complications.

Our office strongly recommends these vaccines for the following age groups:

#### **R.S.V. (respiratory syncytial virus) vaccine for most adults over age 60.**

- **When to get it:** This should be done as soon as possible, preferably in September, because this virus tends to be spread earlier in the fall than influenza.
- **Where to get it:** Local pharmacies should have the R.S.V. vaccine now.

#### **COVID-19 vaccine for most adults and children over 6 months of age who may spend time with elderly people.**

- **When to get it:** The Pfizer vaccine should be available by the end of September with the Moderna brand to follow shortly after. It's okay to receive either brand of vaccine – regardless of the type you had previously.
- **Where to get it:** We recommend that you contact your local pharmacy now to get on their waitlist to receive the COVID-19 vaccine.

#### **Influenza vaccine for most adults and children over 6 months of age.**

- **When to get it:** The flu vaccine is widely available now, but it may be advisable to wait until late September or early October so your body will have the highest level of protection during the most active times of flu season (December through February).
- **Where to get it:** Our office will have this vaccine available by the end of September. Contact us at (415) 923-3560 to schedule an appointment to receive this vaccine from our in-house medical assistant.

If you have any questions about your eligibility for any of these vaccines, please contact our office to schedule an appointment.

Contact Us

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