

**To:** Riverside County PCPs  
**From:** Provider Relations  
**Date:** October 22, 2026  
**Subject:** **Public Health Advisory - Influenza and Other Common Transmissible Respiratory Illnesses**

COVID-19 is currently in California, with influenza seasonal activity starting to increase and RSV seasonal activity expected to increase in the coming weeks and months.

Projections for this upcoming season suggest a similar combined peak hospitalized burden compared with last year, with influenza expected to be the major driver.

### What You Can Do

1. Encourage Members and office staff to receive vaccinations and continue healthy habits (washing hands, wearing a mask, etc) to help prevent severe symptoms.
2. Advise Members of [treatment options](#) that decrease the risk of serious illness, hospitalization, and death.

Current vaccination recommendations from the West Coast Health Alliance (WCHA):

| Age/Condition             | COVID-19                                                                                                                                                                                                                                                                                          | Influenza                                                                                                  | RSV                                                                                                                                             |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Children</b>           | <ul style="list-style-type: none"> <li>• All 6–23 months</li> <li>• All 2–18 years with risk factors or never vaccinated against COVID-19</li> <li>• All who are in close contact with others with risk factors<sup>1</sup></li> <li>• All who choose to reduce risk of severe illness</li> </ul> | <ul style="list-style-type: none"> <li>• All 6 months and older<sup>2</sup></li> </ul>                     | <ul style="list-style-type: none"> <li>• All younger than 8 months<sup>3</sup></li> <li>• All 8-19 months with risk factors</li> </ul>          |
| <b>Pregnancy</b>          | <ul style="list-style-type: none"> <li>• All who are planning pregnancy, pregnant or postpartum</li> </ul>                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>• All who are planning pregnancy, pregnant or postpartum</li> </ul> | <ul style="list-style-type: none"> <li>• All who are 32-36 weeks gestational age<sup>3,4</sup></li> </ul>                                       |
| <b>Adults</b>             | <ul style="list-style-type: none"> <li>• All 65 years and older</li> <li>• All 19–64 years with risk factors</li> <li>• All who are in close contact with others with risk factors<sup>1</sup></li> <li>• All who choose to reduce risk of severe illness</li> </ul>                              | <ul style="list-style-type: none"> <li>• All</li> </ul>                                                    | <ul style="list-style-type: none"> <li>• All 75 years and older<sup>4</sup></li> <li>• All 50–74 years with risk factors<sup>4</sup></li> </ul> |
| <b>Healthcare Workers</b> | <ul style="list-style-type: none"> <li>• All</li> </ul>                                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>• All</li> </ul>                                                    | <ul style="list-style-type: none"> <li>• All who meet criteria above</li> </ul>                                                                 |

1. COVID-19 vaccine is available for persons 6 months and older.  
 2. Two doses given at least 4 weeks apart are recommended for ages 6 months–8 years who are getting flu vaccine for the first time.  
 3. Protect infants with either prenatal RSV vaccine or infant dose of nirsevimab or clesrovimab.  
 4. RSV vaccination during pregnancy or for adults is currently recommended once rather than annually.

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### Learn More

- [CDPH guidelines](#) for respiratory virus vaccination, along with links to trusted medical groups.
- Further details on influenza and COVID can be found on the [CDPH](#) and [RUHS](#) websites:  
<https://www.ruhealth.org/public-health/respiratory-viruses>
- RSV information <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/RSV.aspx>

If you have any questions, please contact the IEHP Provider Call Center at (909) 890-2054, (866) 223-4347 or email [ProviderServices@iehp.org](mailto:ProviderServices@iehp.org)

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