

# PROTECT YOURSELF AND YOUR LOVED ONES

from Flu, COVID-19, and RSV



Some people are at higher risk for getting very sick from these infections.

**Are you?**

Respiratory viruses can be highly contagious and spread easily, especially during the fall and winter seasons.

While these viruses may not always *seem* so bad, some people go to the hospital and sometimes even die from getting infected.

Everyone is at risk for getting very sick from Flu, COVID-19, and RSV.

## In the United States...

### Flu

(influenza)

**Hospital Visits: 10,000**

**Deaths: 5,000**

*(during the 2021 - 2022 flu season)*

### COVID-19

(coronavirus)

**Hospital Visits: Nearly 6.5 million**

**Deaths: Over 1 million**

*(to date)*

### RSV

(respiratory syncytial virus)

**Hospital Visits: 60,000 - 160,000**

**Deaths: 6,000 - 10,000**

*(yearly, in older adults)*

Hospitalizations and death rates are estimates provided by the Centers for Disease Control (CDC).

**Vaccines are a safe way to protect you and your loved ones from these viruses.**

# Flu, COVID-19, and RSV vaccines *for adults*

Vaccines	Who is eligible?	When can I get it?
<b>FLU</b>		
<ul style="list-style-type: none"> <li>Standard dose, non-live</li> </ul>	Everyone ages 6 months and older	<p>One flu shot every year is recommended.</p> <p>It's best to get your yearly flu shot during the months of September through October, but you should still get your flu shot even if it's after October.</p>
<ul style="list-style-type: none"> <li>Standard dose, live</li> </ul>	People aged 2 years to 49 years	
<ul style="list-style-type: none"> <li>Standard dose, cell-based</li> </ul>	People aged 6 months and older	
<ul style="list-style-type: none"> <li>Standard dose, recombinant</li> </ul>	People aged 18 years and older	
<ul style="list-style-type: none"> <li>High dose, non-live</li> </ul>	People aged 65 years and older	
<ul style="list-style-type: none"> <li>Standard dose, adjuvanted</li> </ul>	People aged 65 years and older	
<b>COVID-19</b>		
mRNA <ul style="list-style-type: none"> <li>Pfizer-BioNTech</li> <li>Moderna</li> </ul>	Everyone ages 6 months and older	<p>One dose of the 2024-2025 formulation is recommended for everyone ages 6 months and older.</p> <p>More than one dose may be recommended for some people.</p>
Protein Subunit <ul style="list-style-type: none"> <li>Novavax</li> </ul>	Everyone ages 12 years and older	
<b>RSV (older adults)</b>		
Recombinant <ul style="list-style-type: none"> <li>Abrysvo</li> <li>Arexvy</li> </ul> mRNA <ul style="list-style-type: none"> <li>MRESVIA</li> </ul>	<p>Everyone ages 75 years and older.</p> <p>Some people ages 60-74 years with risk of severe RSV.</p>	<p>One dose is recommended, either before or during RSV season. RSV season is usually in the fall and winter.</p>
<b>RSV (pregnant people)</b>		
Recombinant <ul style="list-style-type: none"> <li>Abrysvo</li> </ul>	Pregnant people who are 32-36 weeks gestation during the months of September through January.	Pregnant people who are 32-36 weeks gestation should talk to their doctor about getting vaccinated to protect their unborn child from RSV.

# Flu, COVID-19, and RSV vaccines *for adults*



## FLU VACCINES

**One flu shot every year is recommended for:**

- ✓ **Everyone ages 6 months and older**

It's best to get your yearly flu shot during the months of September through October, but you should still get your flu shot even if it's after October.

## VACCINE OPTIONS

Adults ages 18 through 64 years old

- Standard-dose flu shot

Adults ages 65 years and older

- High-dose flu shot
- Adjuvanted standard-dose flu shot
- Recombinant standard-dose flu shot

## COVID-19 VACCINES

**One updated COVID-19 shot is recommended for:**

- ✓ **Everyone ages 6 months and older**

If it has been at least 2 months since your last COVID-19 vaccine, you are eligible for one dose of the 2024 - 2025 formulation.

## VACCINE OPTIONS

Adults ages 18 years and older

- Pfizer-BioNTech
- Moderna
- Novavax

## RSV VACCINES

**One dose of an RSV vaccine is recommended for:**

- ✓ **All adults ages 75 years and older**  
**Adults ages 60-74 years with risk of severe RSV**

*AND*

- ✓ **Pregnant people who are 32 to 36 weeks pregnant during the months of September through January**

## VACCINE OPTIONS

Adults ages 60 years and older

- Abrysvo
- Arexvy
- mRESVIA

Pregnant people 32 to 36 weeks pregnant

- Abrysvo