

What You Should Know About Flu, COVID-19, and RSV Vaccines

Each year, millions of people get sick, and thousands need hospital care or die from respiratory infections caused by viruses. Vaccines help prevent these outcomes or lessen their severity. You can lower your risk of getting sick with a respiratory infection by staying up to date with influenza (flu), COVID-19, and respiratory syncytial virus (RSV) as needed.

Are you at higher risk for severe illness?

You are considered high risk for a severe case of flu or COVID-19 if you:

- Are 65 years or older
- Are pregnant
- Have certain medical conditions such as obesity, asthma, diabetes, or heart disease
- Have a weakened immune system.

You are considered high risk for severe RSV if you:

- Are 75 years or older, or
- Are age 60–74 and live in a long-term care facility or have certain medical conditions such as:
 - Diabetes
 - Heart disease
 - Obesity
 - Kidney disease

Vaccines help you risk less and do more.

Vaccinating against flu and COVID-19 can help keep you from getting sick. Even if you do get sick after getting vaccinated, your symptoms will likely be mild. Vaccines are also a safer, more dependable way to build immunity than catching a virus to build immunity. If you haven't gotten them yet, you need a 2024–2025

flu vaccine and a 2024–2025 COVID-19 vaccine. The formulas for both flu and COVID-19 vaccines change so they can work better against the virus strains circulating in your community right now.

I'm sick with flu or COVID-19. Now what?

Flu and COVID-19 can cause symptoms like fever, cough, sore throat, runny nose, headaches, and a lack of energy. If you catch flu or COVID-19, talk to your doctor to learn if you can take an antiviral drug to help you recover faster, especially if you're at high risk for severe illness. Stay home and away from others until you feel better. While you're sick, monitor your symptoms and get medical care if you have:

- Trouble breathing
- Pressure or pain in your chest
- Extreme sleepiness
- Confusion or dizziness

RSV

RSV is another respiratory virus with symptoms similar to flu and COVID-19. RSV can affect infants' and older adults' ability to breathe. You are at higher risk for severe RSV disease if you are:

- 75 years of age or older
- 60 or older and living in a long-term care facility
- 60 or older and have certain medical conditions, such as heart, lung, or kidney disease, obesity, diabetes, or asthma

Infants are also at higher risk for severe RSV disease, which hospitalizes more infants in the United States than any other condition. Pregnant people can pass protection to their babies for their first 6 months of life by getting an RSV vaccine during pregnancy. A doctor can help you decide if an RSV vaccine is right for you.



Learn more at
cdc.gov/respiratory-viruses

**RISK LESS.
DO MORE.**
Get this season's vaccines



A campaign to increase awareness and uptake of vaccines for flu, COVID-19, and RSV in at-risk populations.