



Protect yourself and your loved ones Get vaccinated!

Vaccines keep you well by teaching your body to fight off viruses or bacteria without getting infected. The protection you get from vaccination reduces your overall risk of infection and keeps you from getting too sick if you do happen to get an infection. While there are many different types of vaccines, this year three key vaccines can protect you from common respiratory viruses: the flu shot, the updated COVID-19 vaccine and the new RSV vaccine.

Flu shot

Everyone who is age 6 months or older should be vaccinated for the flu every fall starting in September. It's especially important for people at higher risk, including young children, pregnant women, people aged 65 and older, people with weakened immune systems or chronic illness, and caregivers for others who are at high risk. People over 65 should receive a flu shot that is specially made to help them have better immunity against the flu, if available to them.

COVID-19 vaccine

Everyone 6 months or older should get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness this fall and winter.

- **Everyone aged 5 and older** should get one dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine at least two months after getting the last dose of any COVID-19 vaccine.
- **People who are moderately or severely immunocompromised** may get additional doses of the updated COVID-19 vaccine to protect against serious illness from COVID-19. **Talk to your doctor about when you should get additional updated doses.**
- **Children who are 6 months to 4 years old** need multiple doses of COVID-19 vaccines to be up to date, including at least one dose of updated COVID-19 vaccine. This group may need two or three doses of the updated COVID-19 vaccine depending on which vaccine they receive. **Talk to your child's pediatrician to know when your child needs to receive the vaccine and how many doses they need.**
- **People 12 years and older who are unable or choose not to get an updated Pfizer-BioNTech or Moderna COVID-19 vaccine** can consider Novavax, which was also updated.



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Respiratory syncytial virus (RSV)

RSV is a very common virus that usually causes cold-like symptoms, but can also cause more severe illness with wheezing or lung infection in babies, toddlers and elders. This virus usually starts in fall and peaks in the winter, but can vary by region. The current recommendations for RSV vaccination are for adults 60 and older, pregnant people, infants and young children to protect from severe disease. A vaccine is available for older adults, and monoclonal antibody products are available for infants and young children to give them immunity.

- **Adults age 60 and older** may receive a single dose of the RSV vaccine.
- **Pregnant individuals during weeks 32 to 36** should receive one dose of the vaccine to protect babies from severe RSV.
- **Infants younger than 8 months born during or entering their first RSV season** are recommended to receive 1 dose of nirsevimab.
- **Infants and children 8–19 months old who are at increased risk for severe RSV disease and entering their second RSV season** should receive one dose of nirsevimab.
- **Children under 24 months of age with certain conditions that place them at high risk for severe RSV disease** can get a different monthly monoclonal antibody called palivizumab during RSV season.

It's normal to have questions about vaccines. Your healthcare provider can answer your questions and provide guidance on appropriate vaccines for your health status.

Sources:

1. Centers for Disease Control and Prevention. Seasonal Flu Vaccines. <https://www.cdc.gov/flu/prevent/flushot.htm>
2. Centers for Disease Control and Prevention. Stay Up to Date with COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>
3. Centers for Disease Control and Prevention. Respiratory Syncytial Virus (RSV) Immunizations. <https://www.cdc.gov/vaccines/vpd/rsv/index.html>

We're here to help.

Health Advocate can get you to the right support and resources to improve your health and well-being.



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