

# Vaccine Update? Time to Pencil It In

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

## When is the best time to get flu, COVID-19, and RSV vaccines?

Respiratory viruses like flu, COVID-19, and RSV can surge in colder weather and can spread more easily when people gather indoors. Getting vaccinated in fall and winter will lower your risk of being very sick or hospitalized.

## When should I get my 2024–2025...

### Flu Vaccine?

This season's flu shots are available. Everyone 6 months and older should get one as soon as they can—but getting vaccinated later in the fall or winter can also help protect you.



### COVID Vaccine?

The 2024–2025 COVID-19 vaccines are available. Everyone 6 months and older should get this season's vaccine as soon as possible to protect themselves against the COVID-19 viruses in their communities.



## Who should get the RSV vaccine?

Older adults and pregnant people can get one dose of an RSV vaccine.

Adults 75 and older or those 60 and older with health conditions like lung disease, diabetes, heart disease, or obesity should get one dose of the RSV vaccine, ideally in the late summer or early fall.



To protect their babies in their first 6 months of life, pregnant people are encouraged to get vaccinated between 32 and 36 weeks of pregnancy if this period falls between **September 1** and **January 31**.



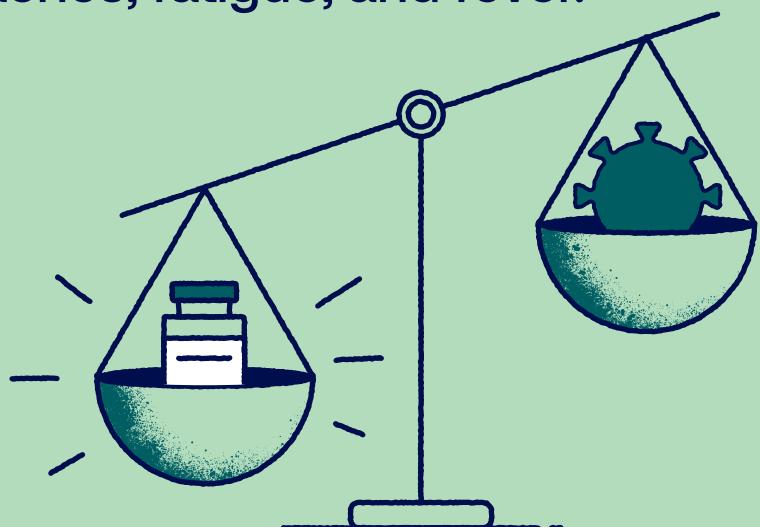
## Why is it important to get respiratory virus vaccines?

### Flu, COVID-19, and RSV vaccines help people risk less severe illness and do more of what they enjoy.

- Last year, nearly 400,000 people were hospitalized for flu, 900,000 were hospitalized for COVID-19, and nearly 200,000 were hospitalized for RSV.
- About 9 out of 10 adults who were hospitalized with COVID-19 last respiratory virus season were NOT up to date on their COVID-19 vaccines.
- Vaccines are the best way to:
  - Keep symptoms mild
  - Prevent severe illness
  - Lower hospitalization rates

### What about vaccine side effects?

Side effects are usually mild and go away on their own in a few days. Common vaccine side effects include soreness at the injection site, headache or body aches, fatigue, and fever.



Find out where you can get vaccinated at [vaccines.gov](https://vaccines.gov)