

Adults 65+ Remain At-Risk

Stay protected with another dose of the COVID-19 vaccine

COVID-19 continues to pose a serious health threat, especially for older adults who are more likely to get very sick from COVID-19 and be hospitalized.¹ The good news is adults 65 years of age and older can reduce their risk of severe illness by receiving recommended vaccinations, including another dose of the 2025-2026 COVID-19 vaccine six months after their first dose.²



Adults 65+ are at higher risk of severe infection from COVID-19

As people get older, their immune system doesn't work as well as it used to. It becomes slower at spotting viruses and has a harder time signaling the body to fight off infections.³

Aging also affects the lungs, making them weaker and more prone to damage. This can make it harder for the body to fight infections like COVID-19.⁴ Additionally, older adults are more likely to have other health conditions that can further weaken their immune system, including chronic respiratory conditions, cardiovascular conditions, and diabetes.⁵ Because of this, they are at higher risk of getting very sick from COVID-19 and may need to be hospitalized.⁶

These factors make it especially important for adults 65 years of age and older to get another dose of the latest COVID-19 vaccine to help protect against serious infections and reduce the risk of severe illness.



COVID-19 vaccine recommendations for adults 65+

While COVID-19 cases often increase during the winter, past years have shown that surges can happen multiple times per year — not just during respiratory illness season.⁷ Because COVID-19 vaccine protection wanes over time, it is recommended that high-risk groups, including older adults, receive another dose of the 2025-2026 COVID-19 vaccine six months, with the option to receive it as early as two months, after their first dose.⁸ Getting another dose provides an additional layer of protection to help reduce the risk of severe outcomes due to COVID-19 and be prepared ahead of another surge.

The **2025-2026 COVID-19 vaccines** are **recommended for people 6 months and older, including pregnant women**, by the Centers for Disease Control and Prevention (CDC) and leading medical societies.

¹ <https://www.cdc.gov/mmwr/volumes/71/wr/mm7134a3.htm>

² <https://www.idsociety.org/ID-topics/infectious-disease/covid-19/>

³ <https://pmc.ncbi.nlm.nih.gov/articles/PMC7288963/>

⁴ <https://pmc.ncbi.nlm.nih.gov/articles/PMC10389836/>

⁵ <https://pmc.ncbi.nlm.nih.gov/articles/PMC6939636/>

⁶ <https://www.cdc.gov/respiratory-viruses/risk-factors/older-adults.html>

⁷ <https://pmc.ncbi.nlm.nih.gov/articles/PMC10728821/>

⁸ <https://www.idsociety.org/ID-topics/infectious-disease/covid-19/>

⁹ <https://familydoctor.org/covid-19-vaccine-frequently-asked-questions/>

¹⁰ <https://www.idsociety.org/ID-topics/infectious-disease/covid-19/>

Explore CVEEP resources to learn more on the latest vaccine recommendations and talk to your provider to ensure you are up to date.