

Make Your Vaccine Plan

A Checklist for Staying Protected

○ Find Out What Vaccines Are Recommended for You

▶ COVID-19

- The Centers for Disease Control and Prevention (CDC) recommends **everyone ages 6 months and older** receive an updated COVID-19 vaccine this fall or winter to help protect against severe respiratory illness.¹
- This includes people who are pregnant, breastfeeding, trying to get pregnant, or may become pregnant in the future. COVID-19 vaccination during pregnancy is safe and effective by increasing protection for not only the pregnant person, but also for their baby.²
- Some individuals may need additional doses, depending on vaccination history:³

Children ages 6 months–4 years may need multiple doses of the latest 2024–2025 COVID-19 vaccine to be up to date, depending on vaccination history.

Adults who are 65 years and older and individuals 6 months–64 years old who are moderately or severely immunocompromised should receive a second dose six months after their first 2024–2025 COVID-19 vaccine dose.

Anyone 6 months and older who is moderately or severely immunocompromised may be able to receive additional doses of the 2024–2025 COVID-19 vaccine and should talk to their healthcare provider for more information.

▶ Flu

- The CDC recommends **everyone ages 6 months and older** receive an updated influenza (flu) vaccine this fall or winter to help protect against severe illness.⁴
- Several types of flu vaccines are available. Approved options include inactivated injectable, recombinant injectable, live attenuated nasal spray, high-dose, and adjuvanted flu vaccines.⁵
- The CDC recommends the use of higher dose flu vaccines (including high-dose inactivated and recombinant) or adjuvanted inactivated flu vaccines over standard-dose unadjuvanted flu vaccines for people 65 years and older.⁶
- Flu vaccination during pregnancy is safe, effective, and helps protect babies from flu illness after they are born.⁷ CDC recommends that pregnant people get a flu vaccine, but does not recommend the nasal spray vaccine for pregnant people.⁸

▶ Other respiratory diseases

The CDC also recommends vaccines for RSV, pneumococcal disease, and pertussis (whooping cough) – these vaccines do not require annual updates.^{9,10,11} Visit the CDC’s website for guidance and to learn whether you are due for other respiratory vaccines.¹²

○ Know the Facts

▶ Understand the need for updated vaccines

The vaccines targeting COVID-19 and flu are updated regularly to provide protection against changing viruses. The best way to reduce the risk of severe illness from COVID-19 and flu is to stay up to date with recommended vaccines.

▶ Know your timing

If you get a COVID-19 infection, CDC recommends that you may wait three months after infection to get an updated vaccine.¹³ That means if you got COVID-19 in June, July, or August, now is the time to get a 2024–2025 vaccine to increase your protection this respiratory season.

▶ Talk to your provider about coadministration

If you’ve yet to receive your COVID-19 and flu vaccine, you can ask your provider about receiving both vaccines during the same appointment, a common practice known as “coadministration.” Receiving multiple vaccines at the same appointment is a safe and convenient way to protect yourself against infectious respiratory diseases.

○ Identify Where You'll Get Vaccinated

▶ Healthcare provider's office

If you have a primary healthcare provider, you can schedule an appointment to discuss what vaccines are recommended for you and why it's important to stay up to date this respiratory illness season.

▶ Pharmacies

Most major pharmacies offer both flu and COVID-19 vaccines. Check with your pharmacy to see what vaccines they stock, if they take your insurance, and if you need to make an appointment. Visit [vaccines.gov](https://www.vaccines.gov) to find a pharmacy offering vaccines near you.¹⁴

▶ State and local health departments

State and local health departments are a great resource for learning where you can get your vaccines, and some may offer free or low-cost vaccines for those who are uninsured.

○ You're Protected! What's Next?

▶ Manage any mild side effects

Any vaccine can cause side effects. For the most part, these are minor (for example, a sore arm or low-grade fever) and go away within a few days.¹⁵ Keep in mind that most common side effects are a sign that your body is starting to build immunity against a disease. Serious side effects from vaccines are rare but can occur.

▶ Encourage others to get vaccinated

You can share your experience and the information that you used to get vaccinated to empower your friends and family to make their own vaccine plan. Help keep those you love protected by sharing resources to encourage vaccination against severe respiratory illness.

▶ Seek trusted sources of good health information

Even beyond respiratory season, you should seek out good, fact-based information on the safety and benefits of vaccination and receive the latest vaccine recommendations and guidance from the CDC.

Stay protected. Stay informed. Get vaccinated.

Regular updates to COVID-19 and flu vaccines are essential for maintaining protection against these constantly evolving viruses. Staying up to date with recommended vaccines is the best way to reduce your risk of severe illness and help protect your family, friends, and community.

¹ <https://www.cdc.gov/media/releases/2024/s-t0627-vaccine-recommendations.html>

² <https://www.cdc.gov/covid/vaccines/pregnant-or-breastfeeding.html>

³ <https://www.cdc.gov/acip/vaccine-recommendations/index.html>

⁴ <https://www.cdc.gov/media/releases/2024/s-t0627-vaccine-recommendations.html>

⁵ <https://www.cdc.gov/flu/vaccine-types/index.html>

⁶ <https://www.cdc.gov/flu/vaccines/vaccinations.html>

⁷ <https://www.cdc.gov/flu/vaccine-safety/vaccine-pregnant.html>

⁸ <https://www.cdc.gov/flu/highrisk/pregnant.htm>

⁹ <https://www.cdc.gov/pertussis/hcp/vaccine-recommendations/>

¹⁰ <https://www.cdc.gov/pneumococcal/hcp/vaccine-recommendations/index.html>

¹¹ <https://www.cdc.gov/vaccines/vpd/rsv/index.html>

¹² <https://www.cdc.gov/respiratory-viruses/prevention/immunizations.html>

¹³ <https://www.cdc.gov/covid/vaccines/getting-your-covid-19-vaccine.html>

¹⁴ <https://www.vaccines.gov/en/>

¹⁵ <https://www.cdc.gov/vaccines/basics/possible-side-effects.html>