

# Protect Your Summer Plans

**CVEEP**  
Fighting Infectious  
Respiratory Disease

Summer is packed with activities we love – whether it's spending time outdoors with family and friends, staying active, or taking a relaxing vacation. However, COVID-19 continues to spread during the summer and remains a particular risk for those who are 50 and older.<sup>1</sup>

Don't let COVID-19 interrupt your plans. Vaccination is a simple and effective way to protect yourself from severe respiratory illness, helping you to continue doing the things you love.



## 1 Ensure Your Summer Plans Stay on Track

The impacts of infectious respiratory diseases are substantial, particularly for older adults, and can take a serious toll on your health, disrupt your daily routine, and create a financial burden. While summer is a great time to travel, get outside, or pick up a new hobby, COVID-19 can get in the way of your plans and can lead to symptoms that last 7-21 days.<sup>2</sup>



## 2 Enjoy Time with the People You Love

The long days and warm nights of summer are the perfect opportunity to gather with those you love and make lasting memories. However, if you are 50 and older, it is important to remember that you are at increased risk of severe illness if infected with COVID-19.<sup>3</sup> Staying up to date on vaccines is the best way to protect you and your loved ones from severe respiratory illness when you gather for summer fun.



## 3 Avoid Long Term Symptoms and Stay Out of the Hospital

Respiratory illness can affect your health year-round. For example, COVID-19 infection can result in long-term side effects including persistent coughing, anxiety or depression, and chronic fatigue, among others.<sup>4</sup> Vaccination is the best way to prevent these long-term symptoms from occurring.

**Prevent to protect. Enjoy all the things you love this summer by staying up to date on vaccines.**

<sup>1</sup> <https://www.cdc.gov/ncird/whats-new/cdc-updates-vaccine-recommendations.html>

<sup>2</sup> <https://www.medicalnewstoday.com/articles/323886>

<sup>3</sup> <https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>

<sup>4</sup> <https://www.nytimes.com/2025/03/10/well/covid-long-term-health-damage.html>