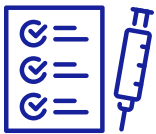


Healthy Holidays Start Now: Protect Yourself and Your Loved Ones

CVEEP
Fighting Infectious
Respiratory Disease

The holiday season is a time for gathering with family and friends, but it's also the time of year when flu, COVID-19, pneumococcal disease, and RSV spread most easily.

Don't let "sick season" ruin your holiday season. Getting vaccinated is a simple step that helps protect you from serious illness, so you don't miss out on memories that make the holidays special.



Prepare Ahead of Time

Before the holiday season begins, take a moment to check that you're up to date on recommended respiratory vaccines. Depending on your age and health status, it may be recommended for you to get vaccinations for flu, COVID-19, RSV, or pneumococcal infection this fall. Respiratory illnesses can spread more easily during the colder months¹ and getting vaccinated in advance gives your body time to strengthen its protection.

Learn What Vaccines Are Recommended For You

Flu

- The 2025-2026 flu vaccine has been approved and recommended for:
 - ▶ Everyone—with rare exceptions—6 months and older.

See the CDC's 2025-2026 recommendations [here](#).

RSV

- A single dose of RSV vaccine is recommended for:
 - ▶ All adults age 75 and older.
 - ▶ Adults ages 50-74 who are at increased risk of severe illness from RSV (such as those with chronic heart or lung illness or those who are residents of long-term care facilities).

Note: Adult RSV vaccines can be given any time of year.

- Protection against RSV is recommended for:
 - ▶ All infants younger than 8 months entering their first RSV season (either through maternal vaccination during pregnancy or with the RSV antibody after birth).
- Infants and young children ages 8-19 months who are at increased risk of severe RSV disease entering their second RSV season (such as infants and young children who have chronic lung disease due to premature birth, are severely immunocompromised, or have certain other medical conditions) should receive the RSV antibody.

Note: RSV immunizations to protect infants are given during the RSV season. Talk to your healthcare provider for details.

See the CDC's recommendations [here](#).

COVID-19

FDA-approved 2025-2026 COVID-19 vaccines are recommended by the CDC's Advisory Committee on Immunization Practices (ACIP) for those:

- 6 months to 64 years of age based on individual decision-making, also known as shared clinical decision-making.* Vaccination is most favorable for those at [increased risk](#) for severe COVID-19 disease.
- 65+ based on individual decision-making.
- This recommendation does not require a prescription to receive a 2025-2026 COVID-19 vaccine, though encourages people to talk to a health care provider (e.g., doctor, nurse, pharmacist) to help them assess if the vaccine is right for them. COVID-19 vaccines should be available at your local pharmacy but call ahead to ensure availability.

In conversation with a healthcare provider, the decision to vaccinate is made based on individual characteristics, including risk factors, characteristics of the vaccine itself, and evidence of who may benefit from vaccination.

Pneumococcal Disease

Depending on vaccination history, pneumococcal vaccines are recommended for:

- All adults age 50 and older.
- Adults 19-49 years old with certain medical conditions that increase their risk. Examples of underlying medical conditions can be found [here](#).
- All children younger than 5 years: routine 4-dose series at 2, 4, 6, and 12-15 months.
- Additional protection is recommended for children ages 5-18 years with certain medical conditions that increase their risk. Examples of underlying medical conditions can be found [here](#).

Talk to a healthcare provider to determine whether you should get a pneumococcal vaccine and which vaccine is right for you. See the CDC's recommendations [here](#).

Note: Pneumococcal vaccines can be given any time of year.



Avoid Severe Illness and Enjoy the Season

Getting vaccinated can mean the difference between a mild infection and a severe illness. A case of flu, RSV, pneumococcal disease, or COVID-19 can lead to lingering health issues that last long after the decorations are packed away. Vaccination can help reduce the risk of serious complications, helping you stay protected during the holidays and beyond.



Protect Those You Love

Vaccination isn't just about your own health; it's also a way to help protect those who are more vulnerable to illness. Loved ones with underlying medical conditions, as well as infants, young grandchildren, and grandparents may face a higher risk of severe illness.

Vaccination is the best protection against respiratory infection, especially for those 50 years of age and older who are at higher risk of severe illness.

Enjoy your holiday season by staying up to date on vaccines and learn more at cveep.org/vaccines-protect

¹ <https://pmc.ncbi.nlm.nih.gov/articles/PMC3604842/>