



Updated Vaccinations Guidelines for Adults

Fall 2024

[CDC Vaccination Schedule for Adults](#) (over age 19)

COVID-19

www.cdc.gov/vaccines/covid-19

A new formulation of the COVID vaccine for 2024-2025 has been approved and is now available. This is a monovalent version of the vaccine based on the Omicron JN.1-lineage. It is recommended that every over 6 months of age receive an updated vaccine. The main reason to get vaccinated against COVID-19 is to protect yourself against severe illness, hospitalization, and even death. Being vaccinated may also protect against long-COVID. You can get either Pfizer, Moderna or Novavax vaccine no matter what you have received previously.

- You can get a COVID-19 vaccine at the same time as your flu vaccine.
If you prefer to get them separately, wait at least a few days between vaccinations.

Influenza (Flu)

www.cdc.gov/flu/prevent/flushot.htm
getmyflushot.org

It is recommended that all individuals over 6 months of age get a flu shot annually. While effectiveness can vary from year to year, getting a flu shot reduces the severity of illness if you happen to get the flu and, more importantly, significantly reduces your risk of hospitalization, ICU-admission and death. Flu vaccination has also been shown to reduce risk of cardiac events. It also protects the more vulnerable people around you from getting sick from the flu.

- Adults over 65 years of age should get a “high-dose” flu vaccine which is more effective.
- All current flu vaccines are safe for people with an egg-allergy.
- **We have both types of flu vaccine (regular and high-dose) in our office.**

RSV (Respiratory Syncytial Virus) (Abrysvo)

www.cdc.gov/vaccines/vpd/rsv/public/older-adults.html

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults, particularly those with chronic lung conditions, are more likely to develop severe respiratory illness from RSV and may need hospitalization.

- Recommended for adults 75 years old and older. Consider for adults 60 years old and older that are immunocompromised or have chronic lung conditions.
- We recommend getting the RSV at least 2 weeks apart from any other vaccine.
- **You need to get the RSV vaccine at a pharmacy. It is a one-time vaccination.**

Shingles (*Shingrix*)

www.cdc.gov/shingles/vaccination.html

It is recommended for all adults over age 50 to get 2 doses of the shingles vaccine to reduce the severity and any complications related to shingles, including postherpetic neuralgia which can be a long and debilitating condition.

- Anyone who has had chickenpox is at risk for getting shingles.
- You can still get the shingles vaccine even if you are not sure if you had chicken pox.
- You should still get the Shingrix shingles vaccine, even if you had the old Zostavax shingles vaccine years ago.
- ***You need to get the Shingrix vaccine at a pharmacy.***

Pneumonia

www.cdc.gov/vaccines/vpd/pneumo/index.html

Vaccines protect against pneumococcal disease, which is caused by *Streptococcus pneumoniae* bacteria. This bacteria can cause serious illness, including pneumonia, which can result in hospitalization and death. It is recommended that all adults over age 50 and those with underlying lung disease (asthma, COPD, smokers), receive pneumonia vaccines.

- There are several types of pneumonia vaccines available. Talk to your provider to determine which vaccines are appropriate for you.
- ***We have pneumonia vaccines in our office.***

Tetanus

www.cdc.gov/vaccines/vpd/tetanus/index.html

Tetanus is an infection caused by *Clostridium tetani* bacteria which is found in dirt and can cause serious illness and even paralysis. Some tetanus vaccines (Tdap) also protect against diphtheria and pertussis (whooping cough). It is recommended that all adults should get a tetanus booster every 10 years.

- ***We have tetanus vaccines in our office.***
- *Medicare may not cover routine tetanus vaccines, in which case the vaccine can be given at a pharmacy.*