

Over 65? You're at increased risk for severe illness from COVID-19, flu, and RSV.

The good news? We've got vaccines for all three!

What should I know about flu?

- Getting an annual flu vaccine is the best way to reduce your risk of getting sick from the flu.
- According to the CDC it is safe for people with egg allergy to get any flu vaccine as long as it is otherwise appropriate for their age and health status.
- The CDC recommends adults 65 and older receive a higher dose or adjuvanted influenza vaccine. If those are not available, any vaccine is better than none.

What should I know about COVID-19?

- Vaccination remains the best protection against COVID-19-related hospitalization and death.
- Most health insurance plans will cover COVID-19 vaccine at no cost to you.
- If you are immunocompromised talk with your doctor about how many doses of the updated COVID vaccine they recommend.
- People aged 65 years and older who received 1 dose of any updated COVID-19 vaccine should receive 1 additional dose at least 4 months later.

What should I know about RSV?

- Three RSV vaccines are available for adults: Abrysvo, mRESVIA and Arexvy
- Arexvy and Abrysvo vaccines are covered at no cost under private insurance, Medicare, and Medicaid.
- Immune systems weaken with age meaning older adults are at increased risk from RSV. Certain medical conditions may also increase your risk of getting very sick from RSV.
- Adults 75 and older should receive a single dose of RSV vaccine, once in their lifetime. Adults 60-74 at high risk for RSV should also get vaccinated.



Time spent sick is time away from the people you love.



Visit [Vaccines.gov](https://www.vaccines.gov) to find COVID and flu vaccines near you!

Did you know? You can get your flu and COVID-19 vaccines at the same time! (And don't forget about RSV!)