

Health Alert For Seniors

Reducing Your Risk of RSV: What You Need to Know

(NAPS)—As cold and flu season sets in, a seemingly simple cold could signal a more serious concern for some people—but there's good news, too.

The Risk of RSV

Respiratory syncytial virus (RSV) is a common virus that mimics cold-like symptoms. While many people recover quickly, RSV can cause severe illness, hospitalization, and even death in certain groups, particularly older adults. The virus spreads easily through coughing, sneezing, and close contact.

However, there's a way to protect yourself: vaccination. Last year, RSV vaccines reduced the risk of hospitalization or emergency visits by 75%, making them a powerful tool in preventing severe outcomes.

The Centers for Disease Control and Prevention (CDC) recommends RSV vaccination for:

- Everyone 75 years and older
- Adults aged 60–74 at higher risk due to chronic conditions like cardiovascular disease, severe obesity, or diabetes, as well as those living in nursing homes.

Unfortunately, chronic conditions are widespread in older populations. Public health experts encourage you to discuss your RSV risk with your health-care provider. Nearly 95% of adults aged 60 and older have at least one chronic health issue, and almost 80% have two or more, so talk with your health-care provider if you have questions



Taking proactive steps now can reduce your risk of severe illness—and help you breathe a little easier this season.

about whether you have eligible risk conditions.

Taking Action

Champions for Vaccine Education, Equity, and Progress (CVEEP), a trusted source of information that advocates for access to recommended vaccines, emphasizes the importance of vaccination for those most vulnerable to respiratory illnesses, especially in underserved communities.

RSV vaccines can be given alongside other vaccinations, and they're free for most people. Both private and public insurance plans, including Medicaid and Medicare, cover RSV vaccines. Adults who are eligible can get vaccinated against RSV at any time of year.

Find a Vaccine

To locate an RSV vaccine near you and learn more about RSV protection options, visit www.vaccines.gov or www.CVEEP.org/RSVReady.