

Life Doesn't Pause When You're Sick; Get Vaccinated This Fall

(NAPS)—In most of the United States, respiratory illnesses like flu, COVID-19, RSV, and pneumococcal disease consistently show increased activity between October and March. That's in part because during the fall and winter, people spend more time indoors and close to one another, making it easier for respiratory illnesses to spread.

These infectious diseases can cause more than just a few days of sickness or missed work. In some cases, they can disrupt your life, cause a financial burden, or even lead to complications such as long-term health issues or hospitalization—and infants, older adults and individuals with chronic health conditions are at higher risk for severe illness.

That's why vaccination is an important step to help stay protected this fall. Getting vaccinated can mean the difference between a mild infection and a severe illness.

Respiratory Vaccines Help Protect You and Those You Love

Vaccination is the best protection—helping to reduce the spread of respiratory illnesses in your community, especially to those most vulnerable.

Depending on your age and health status, vaccines for flu, COVID-19, RSV, and pneumococcal disease may be recommended for you. As you age, your immune system naturally weakens, putting older adults at a significantly higher risk of severe illness and hospitalization from these respiratory diseases.

That's why staying up to date on respiratory vaccines is an important fall activity, starting with getting your seasonal flu shot. The 2025-2026 flu vaccine has been approved and recommended by CDC for everyone ages 6 months and older, with rare exceptions.

2025-2026 COVID-19 vaccines are also recommended by CDC based on individual decision-making for those 6 months to 64 years of age, especially if you are at increased risk for severe COVID-19, and for adults 65 years and older.

Individual decision-making means that the choice to get vaccinated is best made individually and CDC encourages you to talk to a health care provider, like



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a doctor, nurse, or pharmacist, to help make the best choice for you. However, you don't need a prescription to get a COVID-19 vaccine.

The RSV vaccine is recommended for all adults ages 75 and older and for adults ages 50-74 who are at increased risk of severe illness from RSV, such as those with chronic heart or lung disease and those who live in a long-term care facility.

Lastly, all adults ages 50 and older should receive a pneumococcal vaccine if they haven't previously. Adults ages 19-49 may also need a pneumococcal vaccine if you have certain medical conditions that can increase your risk for infections like pneumonia. Adults can receive RSV and pneumococcal vaccines at any time of the year.

Staying Protected This Fall

Flu, COVID-19, RSV, and pneumococcal vaccines can be given at your local pharmacy, health care provider, or community health center. Medicaid, Medicare, and private insurance all cover recommended vaccines at no cost to you but check with your insurer to make sure the pharmacy or health care provider is in-network. You can also call ahead to your local pharmacy or health center to ensure availability.

Visit [CVEEP.org](https://www.cveep.org) for more vaccine resources, including the most up-to-date vaccine recommendations, and to learn about vaccines that offer the best protection against severe illness. You can also use CVEEP's Vaccine Locator to find a vaccination location near you.