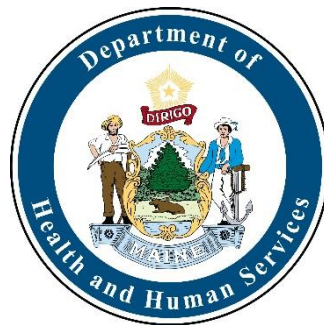


Flu, RSV, & C-19 Adult Vaccines

Valerie MacKenzie

Maine Immunization Program

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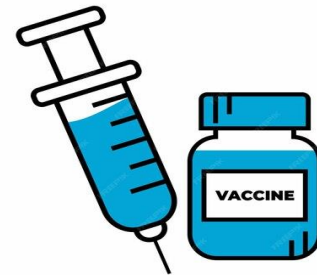
Adult Flu Vaccination

- Age 19 years or older: 1 dose any influenza vaccine appropriate for age and health status annually.
- Age 65 years or older: Any one of trivalent high-dose inactivated influenza vaccine, trivalent recombinant influenza vaccine, or trivalent adjuvanted inactivated influenza vaccine is preferred. If none of these three vaccines are available, then any other age-appropriate influenza vaccine should be used.



RSV Vaccination

- CDC recommends that adults 60 years and older may receive a single dose of an RSV vaccine if they have certain medical conditions. 75 and older are recommended to get one dose. The recommendation is for life so if a dose was received last season do not repeat this season.
 - [Abrysvo \(Pfizer\) or Arexvy \(GSK\)](#)
- CDC recommends pregnant people to get a single dose of RSV during weeks 32 – 36 of pregnancy during September through January
 - [Abrysvo \(Pfizer\)](#)



COVID-19 Vaccines

CDC recommends everyone ages 6 months and older receive 1 dose of the updated 2024-2025 COVID-19 vaccine.

*Moderately or severely immunocompromised individuals may need additional doses please contact your medical provider to discuss.



Protective Actions

Vaccination Info



Everyone 6 months and older should get a flu vaccine every season, especially people at [higher risk](#).

Vaccination Info

Preventive Actions



Take actions every day to help stop the spread of germs. Getting a [flu vaccine](#) is the most important.

Preventive Steps

Treatment



There are prescription medications called “flu antiviral drugs” that can be used to treat flu illness.

Treatment

Vaccines Available

- Fluarix – availability is limited
- Abrysvo – Pregnant persons 32 to 36 weeks or 75 and older. (60 years and older with chronic conditions)
- Spikevax – available soon



Questions?

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