



PROTECT THE HEALTH OF YOUR

everything

THIS FALL AND WINTER VIRUS SEASON

WHAT YOU SHOULD KNOW IN 2023-2024

Respiratory viruses are expected to surge this fall and winter, causing illnesses like **flu, COVID-19, and respiratory syncytial virus (RSV)**.

Respiratory viruses can be very serious, especially among people who are at higher risk for severe illness. This includes **older adults, infants and young children, pregnant people, people who have a weakened immune system, and people with certain underlying or chronic health conditions.**

THERE ARE WAYS YOU CAN PROTECT YOURSELF AND THOSE YOU LOVE.

Getting your recommended flu, COVID-19, and RSV immunizations can reduce the risk of severe illness and shorten the time you are sick.

COVID-19

People 6 months and older should stay up to date with their COVID-19 vaccines.

FLU

People 6 months and older should get a yearly flu vaccine.

OTHER VACCINES

People should get other recommended vaccines that help prevent respiratory diseases and their potential complications, such as pneumococcal and Tdap vaccines. Talk to your healthcare provider about which vaccines are recommended for you.

RSV

People 60 years and older should talk to their doctor to see if the RSV vaccine is right for them. There are two recommended options to protect infants during RSV season (only one is needed for most infants). **Those who are pregnant in fall and winter** should get one dose of RSV vaccine during weeks 32 – 36 of pregnancy. **Certain infants and young children** may be recommended to receive one dose of nirsevimab, a preventive antibody.

TAKE ACTION TO PROTECT YOU AND YOURS FROM THE WORST OF FLU, COVID-19, AND RSV



Getting recommended **immunizations** is the most effective way to build immunity from a virus.



Air quality improvement practices such as opening windows can reduce the amount of virus you are exposed to.



Wearing a well-fitting mask can help reduce the amount of germs you breathe in.



If you have symptoms of a respiratory virus, **get tested** to help inform treatment.

Learn more at cdc.gov/respiratory-viruses

