

Adults Need Protection During Respiratory Virus Season



Respiratory viruses like respiratory syncytial virus (RSV), flu and COVID-19 typically circulate in the fall and winter and share similar symptoms, risk factors, and prevention strategies. Symptoms from these viruses can range from mild to severe and some people are at increased risk for serious illness and hospitalization like older adults, people who are pregnant and those living with certain chronic medical conditions.

Certain chronic medical conditions put you at higher risk for serious illness:

- Chronic lung disease (like asthma or COPD)
- Heart disease
- Diabetes
- Weakened immune system

Did you know?

Up to 160,000 older adults in the United States are hospitalized due to RSV each year.



Vaccines Work!

Vaccination is the best form of protection against respiratory illness. Vaccines help prevent respiratory diseases by helping your body develop immunity and learn how to fight off a disease before getting infected.

A vaccine works by imitating an infection. It causes your immune system to start producing the same antibodies you would make if you were exposed to the real disease. This helps your body learn to recognize and fight an invasion of that virus or bacteria. Vaccination is the safest and most effective way to protect yourself.

Vaccination Recommendations

- **Flu** – Flu vaccination is recommended for everyone 6 months and older, every fall.
- **COVID-19** – It is recommended that everyone 6 months and older receive an updated 2024-2025 COVID-19 vaccine this fall.
- **RSV** – An RSV vaccine is recommended for:
 - All adults aged 75 and older
 - Adults aged 60-74 living with certain chronic medical conditions, like asthma, COPD and chronic heart disease
 - Adults aged 60-74 living in nursing homes

If you've previously received an RSV vaccine, you do not need another one at this time.

Daily Actions to Prevent Respiratory Viruses

Staying up to date on your recommended vaccines is the best way to prevent complications and hospitalization from respiratory viruses like RSV, the flu and COVID-19. You can also take daily actions to help protect yourself, your family and your loved ones against serious illness, including:



Washing your hands with soap and water (or use hand sanitizer containing 60% alcohol).



Cleaning frequently touched surfaces.



Filtering indoor air or opening windows to bring outdoor air inside.



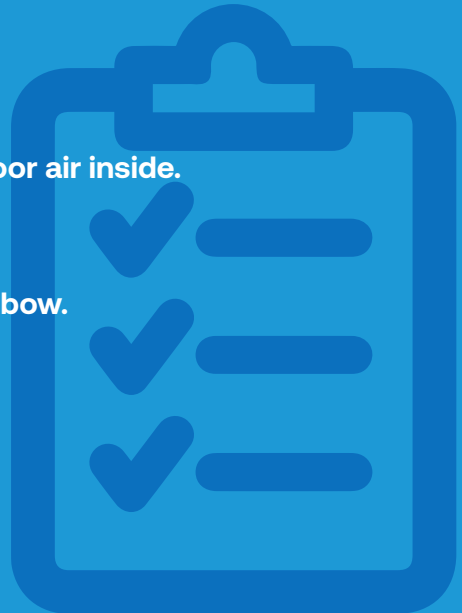
Covering coughs and sneezes with a tissue or your elbow.



Avoiding close contact with people who are sick.



Staying at home while you are sick.



Talk to your healthcare provider about what vaccines are recommended for you.
Learn more at [Lung.org/vaccines](https://www.lung.org/vaccines).