

# Older Adults and Flu, COVID-19, and RSV: How to Protect Yourself



As you get older, your immune system may not work as well to fight off disease. This means you're more likely to get very sick with respiratory illnesses like flu, COVID-19, or RSV. You can lower your risk by getting this season's vaccines.

## Older adults have a higher risk for severe flu, COVID-19, and RSV.

These diseases are serious: People ages 65 and older make up about three out of four flu-related deaths and nearly nine out of ten COVID-19 deaths. RSV kills between **6,000 and 10,000** older adults each year.

## Vaccines help you risk less and do more.

Getting vaccinated against flu, COVID-19, and RSV can help keep your symptoms mild and prevent severe disease if you get infected. Vaccines are also a more dependable way to build immunity than from getting sick with a virus. The flu and COVID-19 vaccine formulas change so they can work better against the virus strains circulating in your community right now. RSV vaccines are given in one dose so if you have already gotten one, you do not need another one.

## Are you up to date on your vaccines?

All older adults need a 2024–2025 flu vaccine and a 2024–2025 COVID-19 vaccine. Everyone 75 and older should also get one dose of an RSV vaccine if they've never had one. If you are 60 years old or older with health conditions, then you need an RSV vaccine to protect you from severe RSV.

## You are at high risk for a severe case of flu or COVID-19 if you:

- Are 65 or older,
- Have certain medical conditions such as obesity, asthma, diabetes, or heart disease, or
- Have a weakened immune system.

## You are at high risk for severe RSV if you:

- Are 75 or older, or
- Are 60–74 years old and live in a nursing home, or have certain medical conditions such as diabetes, heart disease, obesity, or lung disease



Get started at [vaccines.gov](https://www.vaccines.gov)

**RISK LESS.  
DO MORE.**  
Get this season's vaccines



A campaign to increase awareness and uptake of vaccines for flu, COVID-19, and RSV in at-risk populations.