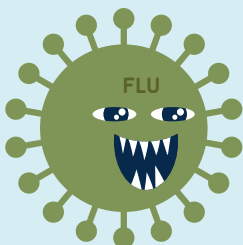
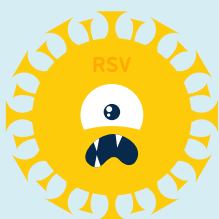
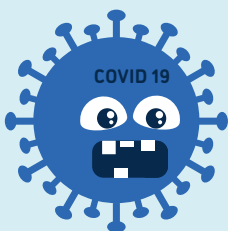




Washington State Department of

HEALTH

Protect your Family from the Respiratory Illness Monsters!



Flu, COVID-19, and RSV (Respiratory Syncytial Virus) are common respiratory viruses that spread all year but increase in the fall and winter months.

Luckily, we have vaccines that can help protect us from severe illness, hospitalizations, and death.

COVID-19, RSV and Flu Vaccine Schedules

Birth—6 Years



ALL children should be immunized at this age



SOME children should get this dose of vaccine or preventive antibody at this age

Vaccine or Preventive Antibody	Birth	1 Month	2 Months	4 Months	6 Months	7 Months	8 Months	12 Months	15 Months	18 Months	19 Months	20-23 Months	2-3 Years	4-6 Years	
RSV Antibody	Depends on parents RSV vaccine status						Depends on child's health status								
COVID-19							At least 1 dose of the current COVID-19 vaccine*								
Influenza/Flu							One dose every year. Two doses for some children								

*Children 6 months-4 years old may need multiple doses if it's their first time getting a COVID-19 vaccine.

7—18 Years



ALL children in age group should get the vaccine



SOME children in age group should get the vaccine

Recommended Vaccines	7 Years	8 Years	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	18 Years	
RSV Antibody					If pregnant during RSV Season								
COVID-19	At least 1 dose of the current COVID-19 vaccine												
Influenza/Flu	Every year. Two doses for some children		One dose every year										

Adults 19 and Older



ALL adults in age group should get the vaccine



SOME adults in age group should get the vaccine

Recommended Vaccines	19-26 Years	27-49 Years	50-64 Years	>65 Years	
RSV Antibody	If pregnant during RSV Season		If aged 60-74		If 75 or older
COVID-19	At least 1 dose of the current COVID-19 vaccine				
Influenza/Flu	One dose every year				

You can get COVID-19, RSV and flu vaccines at the same visit!

RSV (Respiratory Syncytial Virus)

Infants and older adults are more likely to develop severe RSV and need hospitalization. Talk to your health care provider to see if you



should get a single dose RSV vaccine, or if your baby should get an RSV product.

Who should get an RSV Vaccine?:

- People 75 years or older.
- People 60-74 years who are at increased risk.
- Pregnant people who are 32 through 36 weeks gestation during September through January.

The RSV vaccine given during pregnancy has been found to protect the infant from serious illness from RSV.

RSV Prevention for Children:

An RSV antibody product is recommended for all children before 8 months of age if the parent was not vaccinated during pregnancy.

Some children ages 8–19 months who are at increased risk for severe RSV disease and entering their second RSV season can receive one dose of RSV antibody product.

COVID-19

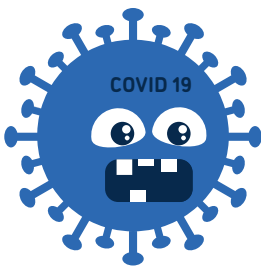
COVID-19 continues to spread.

Everyone ages 6 months and older **should receive at**

least one dose of the current COVID-19 vaccine to protect against the serious outcomes of COVID-19 this fall and winter whether or not they have ever previously been vaccinated with a COVID-19 vaccine.

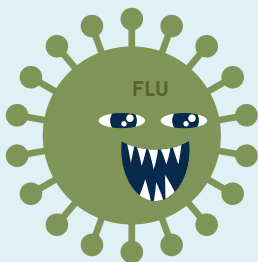
The virus that causes COVID-19 is always changing and protection from COVID-19 vaccines declines over time. Get an updated vaccine to:

- Enhance protection against the variants currently responsible for most infections and hospitalizations in the United States.
- Reduce the chance of developing Long COVID, a serious illness, which can last for an extended amount of time.



Flu

Get your yearly flu vaccine this fall. The flu vaccine is updated every year to fight against



viruses that are most active. It is important to get a flu vaccine every year to stay protected. People who get the flu vaccine may still get sick, but are likely to avoid a hospital visit. Talk to your pharmacist or health care provider to learn more.

Who should get the flu vaccine?

Everyone 6 months and older. Especially those who are at high risk, such as:

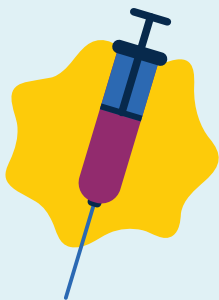
- Anyone with asthma, diabetes, heart disease, lung diseases, or other chronic illnesses.
- Pregnant people and those who recently gave birth.
- Adults age 65 and older.
- Caregivers of households with babies younger than 6 months.
- Older adults.
- People with a weakened immune system.

Get your yearly flu vaccine this fall. The flu vaccine is updated every year to fight against viruses that are most active.

Limit the Spread of Respiratory Illnesses

Vaccinate

Your best defense against respiratory illness.



Wash hands

Frequently wash your hands with soap and water.

Isolate if Sick

Monitor symptoms and prepare to isolate from others if sick.



Consider wearing a mask

In indoor crowded spaces.

Questions about Respiratory Illness Vaccines

Q: Are there side effects from the vaccines?

A: The most common side effects are a sore arm, tiredness, headache, and muscle pain. Side effects are generally mild to moderate in severity and occur within 2 days after vaccination, and typically go away within 1 to 2 days.

Q: Where can I find respiratory illness vaccines?

A: Families who do not have a health care provider already can call the Help Me Grow WA Hotline at 1-800-322-2588 or go to [ParentHelp123.org](https://www.ParentHelp123.org) to find a health care provider, clinic, or other health resources. This service is free and language assistance is available.

Q: Where can I find my vaccine records?

A: Sign up for MyIR Mobile by going to myirmobile.com and follow the registration instructions.



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To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.