2026–2027 RECOMMENDED VACCINES FOR RESPIRATORY SEASON

Help protect yourself and the people around you during respiratory virus season.

Flu, COVID-19, and RSV can cause serious illness, especially for young children, older adults, pregnant people, and people with certain health conditions. Vaccines help protect all of us from severe illness.

FLU

- Everyone 6 months and older should get a flu vaccine every year. Get vaccinated by the end of October, if possible.
- Adults 65 and older should get certain flu vaccines that provide stronger protection.

Learn more: flufreewa.org

COVID-19

- Everyone 6 months and older should get an updated COVID-19 vaccine. The number of doses depends on age and previous vaccination.
- Adults 65 and older should get 2 doses of an updated COVID-19 vaccine at least 2 months apart regardless of COVID-19 vaccine history.

Learn more: doh.wa.gov/COVID-19

RSV

- Infants and some children 8–19 months should get RSV immunization to protect against RSV.
- Pregnant people should get 1 RSV vaccine at 32–36 weeks from September 1 through March 1, to protect their baby.
- Adults 75+ should get 1 dose. Ages 50–74 at high risk and age 19+ with weak immune systems should also get 1 dose.

Learn more: doh.wa.gov/RSV

Ways to Stay Healthy

- Stay up to date on recommended vaccines.
- Ask your health care provider which immunizations are right for you.
- Stay home when you are sick and help protect people at higher risk of severe illness.

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Washington State Department of HEALTH