



What you need to know about RSV, Influenza and COVID-19 vaccines

Respiratory viruses spread easily, and symptoms can range from minor sniffles to severe breathing issues. Even if you're not at risk for serious illness from RSV, flu or COVID-19, you can pass the virus along to those who are – so protect yourself and others by getting vaccinated.

	RSV Vaccine (respiratory syncytial virus)	Flu Vaccine (influenza virus)	COVID-19 Vaccine (coronavirus)
Am I at risk for this illness?	Anyone can get RSV. For many people age 6 months to 64 years, RSV causes only mild, cold-like symptoms. People at risk for serious illness include: <ul style="list-style-type: none"> • Premature babies • Babies 0-6 months • Children and adults with lung or heart disease • Anyone who is immunocompromised • Adults over 65 	Anyone can get the flu. For many people age 2-64, it is not usually serious unless fever spikes. People at risk for serious illness include: <ul style="list-style-type: none"> • Pregnant women • Children under 2 years • Anyone who is immunocompromised • Children and adults with certain chronic health conditions • Adults over 65 	Anyone can get COVID-19. Unlike RSV and flu, this is a newer virus, but healthy people are generally not at risk for serious illness. Those who are at higher risk include: <ul style="list-style-type: none"> • Babies under 1 year • Women who are pregnant or have recently given birth • Children and adults with certain chronic health conditions • Anyone who is immunocompromised • Adults over 65
Should I get the vaccine?	The RSV vaccine is safe and recommended for: <ul style="list-style-type: none"> • Adults over 60 • Babies 0-8 months, or 19 months with certain conditions • Pregnant women: 32-36 weeks Tell your doctor about your allergies and health conditions before getting the vaccine.	Flu vaccines are safe and recommended for most healthy people age 6 months and older – because even if you're not at risk for serious illness, you can spread it to those who are. Tell your doctor about all known allergies and health conditions before getting the vaccine.	COVID-19 vaccines are safe and recommended for most healthy people age 6 months and older, including women who are pregnant or breastfeeding. Before getting the vaccine, tell your doctor about all known allergies and health conditions, including anything requiring blood thinners.
When should I get the vaccine?	As soon as you are eligible (see above), especially if the cold weather months (RSV season) are approaching or underway.	Early fall each year is best. Pregnant women in the third trimester during the late summer months can be vaccinated early.	You can get the vaccine any time, but if you recently had the virus, wait three months before getting a vaccine or booster.
Does the vaccine have side effects?	Side effects are usually mild and may include muscle soreness, sleepiness or headache.	Side effects are usually mild and may include muscle soreness, sleepiness, headache or low fever.	Side effects are usually mild and may include soreness, sleepiness, headache, swelling, nausea, low fever or brief loss of appetite.
Can I get these vaccines at the same time?	The RSV vaccine may be given with other vaccines, but consult with your doctor about what timing is best for you.	You can get the flu vaccine and COVID-19 vaccine at the same time if you are due for both. Consult your doctor about when to get the RSV vaccine.	You can get the flu vaccine and COVID-19 vaccine at the same time if you are due for both. Consult your doctor about when to get the RSV vaccine.

More questions? Your primary care provider has answers.

As an expert in vaccine safety – and as your health partner – your family doctor or pediatrician is here to provide guidance for a lifetime of wellness. To learn more about the connection between immunization, primary care and lifelong health, visit beimmunekansas.org.

