AlphaNet

Fall 2025 Adult Seasonal Respiratory Vaccines

9/15/25

Seasonal Respiratory Vaccines

- ✓ Viral illnesses from influenza (the flu) and COVID-19 tend to be more widespread in the winter.
- ✓ The viruses that cause the flu and COVID-19 mutate over time. In addition, protection due to prior vaccines and prior infections lessens over time.
- ✓ For these reasons, updated vaccines for influenza (the flu) and COVID-19 are recommended each fall.
  - ❑ Individuals who get the vaccine are less likely to get the targeted infection (such as the flu).
  - ❑ If you get the vaccine and still get an infection, you may have a milder case of the infection.
  - ❑ Individuals who have an underlying medical condition, such as lung disease due to alpha-1 antitrypsin deficiency, are more likely to have poor outcomes if they get the flu or COVID-19.
  - ❑ There are treatment options for both of these viral illnesses if a breakthrough infection occurs.
- ✓ More information regarding recommended vaccines is available here.
- ✓ Consult your healthcare team regarding current recommendations, as these can change over time.
- ✓ If you have had a transplant or are pregnant, please work with your healthcare provider to learn recommendations specifically for you.

Influenza (Flu) Vaccine

- ✓ There are two main strains of flu that tend to cause infections: influenza A and influenza B.
- ✓ Each year's flu shots aim to protect against both strains of flu with a single shot. The single shot for all vaccines in 2025 contains protection against two strains of influenza A and one strain of influenza B.
- ✓ The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older, with rare exceptions, should get vaccinated against the flu every season.
- ✓ Individuals who are age 65 or older should receive a high-dose vaccine.
- ✓ The optimal time for vaccination is September and October each year to confer best protection.
- ✓ Individuals who receive the flu vaccine every year have less risk of getting the flu than individuals who get the flu vaccine in some years but not others.

COVID-19 Vaccine

- ✓ COVID-19 infections are still common.
- ✓ In the past few years, the COVID-19 virus has been mutating faster than the flu virus.
- ✓ The Food and Drug Administration (FDA) approved updated COVID-19 vaccines on August 27, 2025.
- ✓ The updated vaccines were developed to protect against the most recent strains of the virus.
- ✓ Individuals who are eligible to receive the updated vaccines include anyone age 65 and older and adults with at least one medical condition that increases the risk for severe disease (per the FDA). Lung disease is one of the medical conditions that increases the risk for severe disease.

Respiratory Syncytial Virus (RSV) Vaccine

- ✓ RSV is another virus that tends to cause more infections in the winter than the summer.
- ✓ The RSV vaccine does not need to be repeated each year. Unlike the viruses that cause the flu and COVID-19, RSV does not tend to mutate quickly over time.
- ✓ The RSV vaccine is recommended for adults age 75 or older, and for adults age 50 to 74 who have at least one medical condition that increases the risk for severe disease. Lung disease is one of the medical conditions that increases the risk for severe disease. The RSV vaccine is a single shot.
- ✓ An ideal time to get the RSV vaccine is in late summer or early fall, before a winter spike in infections.

Can I Get these Vaccines on the Same Day?

- ✓ You can get the flu, COVID-19, and RSV vaccines on the same day. Getting all three vaccines on the same day makes it easier to stay up to date with medical recommendations.
- ✓ Individuals who get multiple vaccines on the same day may have more side effects. The side effects that occur are usually mild to moderate, such as arm pain, swelling, headache, and fatigue.
- ✓ For people at higher risk of severe illness from flu, COVID-19, and RSV—including individuals with lung disease—the benefits of getting all three vaccines as soon as possible likely outweigh the possible risks of increased side effects.
- ✓ If you get your vaccines on different days, there is no minimum waiting period between vaccines.