



Improving resident care by making meds easier

Guide to Key 2023-2024 Seasonal Vaccines for Older Adults

The Centers for Disease Control and Prevention (CDC) warn that the United States is facing a triple threat in the fourth quarter of 2023 from the intersection of the traditional cold and flu season plus the potential impact of increased cases of respiratory syncytial virus (RSV) and COVID-19 infection. Any of the three illnesses can cause hospitalization and complications in vulnerable populations, including older adults and those with compromised immune systems.

Older adults, especially those at risk from respiratory illnesses, are encouraged to get all three vaccines before November of this year: a flu shot, a COVID booster, and one of the two new vaccines that help prevent RSV.

	WHO should get the vaccine?	WHAT is the vaccine?	WHEN should someone get this?	HOW well does it work?
Influenza	6 months and older.	Targets four types of seasonal flu.	Fall is generally the best time. Vaccine protection decreases over a season. Older and immunocompromised adults should get immunized before November 2023.	On average, it reduces the need to see a doctor by 40%–60%. A 52% decrease in hospitalizations has already been seen in 2023 for countries in the southern hemisphere.
COVID-19	5 years and older, regardless of previous vaccination status.	mRNA boosters Spikevax (Moderna) or Comirnaty (Pfizer/BioNTech) target XBB1.5, an Omicron variant closely matched to current circulating strains.	At least two months after the last dose of any COVID vaccine. Older and immunocompromised adults should get immunized before November 2023.	Last year's boosters provided an additional 40%–60% increase in effectiveness.
RSV (Respiratory syncytial Virus)	Adults 60 years and older.	Arexvy (GSK) or Abrysvo (Pfizer).	As soon as it is available, preferably before November 2023.	82%–86% effective.

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