

# FALL 2023 VACCINES

| What are the options?   | Who is eligible?  | How well do they work?   | When should I get it?   |
|---|---|--|---|
| <b>INFLUENZA</b>  |   |  |   |
|    | A shot that targets 4 strains of seasonal flu   | 6 months and older   | Reduces the risk of going to the doctor by 53%<br>October is ideal, as vaccine protection wanes over a season   |
| <b>COVID-19</b>   |   |  |   |
|    | Updated vaccine formula targeting XBB – an Omicron subvariant<br><br>Options: Moderna and Pfizer (mRNA). Novavax (protein) available soon | 6 months and older   | Last year, the fall COVID-19 vaccine provided 40-60% additional effectiveness against severe disease<br><br><b>Protection against severe disease:</b> Get now<br><br><b>Infection:</b> Best to get it right before a wave, which can be challenging to time<br><br><b>Recently infected?</b> Wait at least 3-4 months |
| <b>RSV (OLDER ADULTS)</b>   |   |  |   |
|  | 2 options: GSK and Pfizer. They are slightly different in design, but only at a microscopic level   | 60 years and older   | 82-86% efficacy against severe disease<br><br>Now; no need to juggle timing as protection is durable  |
| <b>RSV (PREGNANCY)</b>  |   |  |   |
|  | Pfizer is actively seeking approval   | Pregnant people (then protection will pass to baby for protection in first 6 months of life) | 82% efficacy in preventing hospitalization in first 3 months of life. 69% efficacy after 6 months<br><br>It's not available yet but once approved, get at 24 to 36 weeks of pregnancy   |
| <b>RSV MONOCLONAL ANTIBODY</b>  |   |  |   |
|  | This is not a vaccine (doesn't teach the body to make antibodies) but rather a proactive medication (provides antibodies)                 | All infants <8 months. High-risk infants 8-19 months   | Reduces risk of hospitalization and healthcare visits by ~80%<br><br>Will be available soon.<br><br>Protection lasts 4-6 months   |