

Respiratory Season Vaccination Updates

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Objectives

1. **Describe current formulations and target populations** for updated COVID-19, RSV, and influenza vaccines per current guidelines
2. **Apply evidence-based recommendations** for vaccine timing, co-administration, and scheduling across patient populations (children, older adults, pregnant individuals, immunocompromised)
3. **Counsel patients effectively** on the benefits, risks, and rationale for updated respiratory vaccines while addressing common concerns and vaccine hesitancy

The Vaccine Life Cycle

safety at every phase

GUIDE

ACIP

ADVISORY
COMMITTEE ON
IMMUNIZATION
PRACTICES

BLA

BIOLOGICS LICENSE
APPLICATION

CDC

CENTERS FOR
DISEASE CONTROL
AND PREVENTION

FDA

FOOD AND DRUG
ADMINISTRATION

IND

INVESTIGATIONAL
NEW DRUG
APPLICATION

VACCINE

DEVELOPMENT

**safety
is a priority
during vaccine
development
+ approval**

PHASE 1
safety

PHASE 2
effectiveness

PHASE 3
safety +
effectiveness

FDA APPROVAL OF 1 NEW VACCINE

PHASE 4

safety monitoring for
serious, unexpected
adverse events

**safety
continues with
CDC + FDA
safety
monitoring**

BASIC
RESEARCH

DISCOVERY

PRE-
CLINICAL
STUDIES

IND SUBMITTED

CLINICAL STUDIES / TRIALS

BLA SUBMITTED

FDA
REVIEW

ACIP
REVIEW

ACIP
RECOMMENDATION

POST-APPROVAL
MONITORING +
RESEARCH

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SHOTS - HEALTH NEWS

RFK Jr. boots all members of the CDC's vaccine advisory committee

JUNE 9, 2025 · 5:53 PM ET

HEARD ON [MORNING EDITION](#)

By [Will Stone](#)

Secretary of Health Robert F. Kennedy Jr. is removing all 17 members of a key advisory committee that helps craft vaccine policy and recommendations for the Centers for Disease Control and Prevention.

Reference: [NPR Health News 6/9/25](#)

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What does this mean for you?

Vaccine Access & Cost

- Reduced or inconsistent vaccine coverage
- Varying Coverage
- Increased out of pocket costs
- Reduced access at pharmacies

Vaccine Policies & Guidance

- Changes to immunization schedules
- Changes to school requirements
- Varying implementation of state & local policy
- Administrative changes – ie. vaccine purchasing

Public Health & Trust

- Erosion of trust
- Increased hesitancy
- Lower vaccination rates

Respiratory Season Vaccinations

COVID-19 Vaccines

Reminder –

- Purpose is to reduce morbidity and mortality from COVID-19
- Helps protect you from severe illness, hospitalization, and death.

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

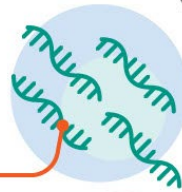
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



✚ The vaccine **DOES NOT** contain **ANY** virus, so it cannot give you COVID-19. It cannot change your DNA in any way.

✚ When your body responds to the vaccine, it can sometimes cause a mild fever, headache, or chills. This is completely normal and a sign that the vaccine is working.

✚ After the mRNA delivers the instructions, your cells break it down and get rid of it.

Antibody

GETTING VACCINATED?

For information about COVID-19 vaccine, visit: cdc.gov/coronavirus/vaccines




COVID-19 The Change in Vaccine Guidance

CDC Immunization Schedule Adopts Individual-Based Decision-Making for COVID-19 and Standalone Vaccination for Chickenpox in Toddlers

RELEASE

 For immediate release: October 6, 2025

CDC Media Relations

 (404) 639-3286

 <https://www.cdc.gov/media/>

COVID-19: The Change in Vaccine Guidance

1. **FDA approved** updated vaccine for ages 65+ and high-risk individuals (DHHS overseas FDA & CDC)
2. **Dropped universal recommendations** for healthy children and pregnant women
3. **Implications:**
 - Prescription may be required at pharmacies
 - Confusion among pharmacies, healthcare centers, hospitals, and public health authorities
 - States implementing their own policies
 - Insurers may change coverage terms

COVID-19 The Change in Vaccine Guidance

FDA Recommendations



The NEW ENGLAND
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An Evidence-Based Approach to Covid-19 Vaccination

Authors: Vinay Prasad, M.D., M.P.H., and Martin A. Makary, M.D., M.P.H. [Author Info & Affiliations](#)

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Adults ≥ 65 years; individuals 6 months to 64 years of age at increased risk for severe COVID-19.

Note: dropped guidelines that call for all healthy children and healthy pregnant women to routinely get vaccinated

CDC 2025 List of Underlying Medical Conditions That Increase a Person's Risk of Severe Covid-19

Asthma
Cancer
Hematologic malignancies
Cerebrovascular disease
Chronic kidney disease*
People receiving dialysis
Chronic lung diseases limited to the following:
Bronchiectasis
COPD (chronic obstructive pulmonary disease)
Interstitial lung disease
Pulmonary embolism
Pulmonary hypertension
Chronic liver diseases limited to the following:
Cirrhosis
Nonalcoholic fatty liver disease
Alcoholic liver disease
Autoimmune hepatitis
Cystic fibrosis
Diabetes mellitus, type 1
Diabetes mellitus, type 2*
Gestational diabetes
Disabilities‡, including Down's syndrome
Heart conditions (such as heart failure, coronary artery disease, or cardiomyopathies)
HIV (human immunodeficiency virus)
Mental health conditions limited to the following:
Mood disorders, including depression
Schizophrenia spectrum disorders
Neurologic conditions limited to dementia‡ and Parkinson's disease
Obesity (BMI ≥ 30 or ≥ 95 th percentile in children)
Physical inactivity
Pregnancy and recent pregnancy
Primary immunodeficiencies
Smoking, current and former
Solid-organ or blood stem-cell transplantation
Tuberculosis
Use of corticosteroids or other immunosuppressive medications

* Indicates presence of evidence for pregnant and nonpregnant women.

‡ Underlying conditions for which there is evidence in pediatric patients.

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COVID-19 The Change in Vaccine Guidance

- All children ages 6 months through 23 months.
- Children ages 2 years through 17 years in the following risk categories (Self-attestation of risk by the parent/guardian is acceptable):
 - o Persons at high risk of severe COVID-19
 - o Residents of long-term care facilities or other congregate settings
 - o Persons who have never been vaccinated against COVID19
 - o Persons whose household contacts are at high risk for severe COVID-19.
- Children ages 2 years through 17 years based on shared clinical decision-making if not included in a risk group but whose parent or guardian desires their protection from COVID-19.
- Pregnant People - All individuals who are or will be pregnant, during any trimester of pregnancy, postpartum, or during lactation.
- Adults - All adults ages 18 years and older.

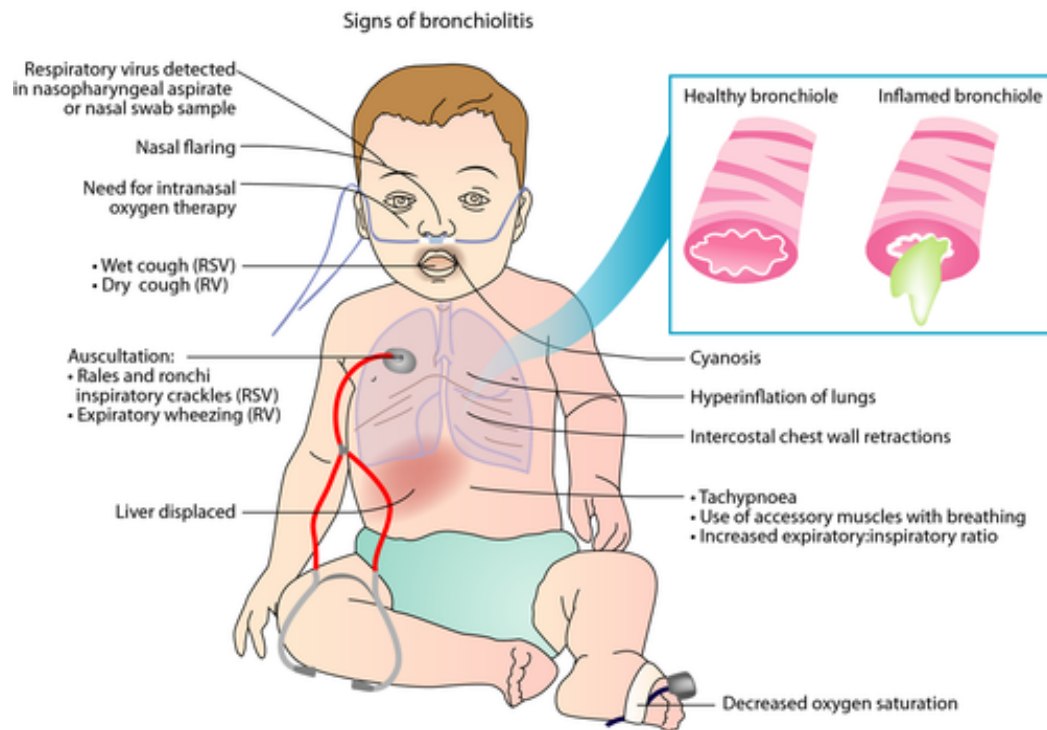
Respiratory Syncytial Virus Infection (RSV)

What is RSV?

- Respiratory syncytial virus, or RSV, is a common respiratory virus that infects the nose, throat, and lungs.
- **When:** RSV spreads in the fall and winter along with other respiratory viruses.
- It usually peaks in December and January.




Symptoms:

- RSV symptoms make it difficult to distinguish it from the common cold or other respiratory viruses (like the flu or COVID-19).
- RSV is usually mild, however, infants younger than 6 months of age and adults who are older or have certain risk factors, can become very sick and may need to be hospitalized.
- RSV can cause more severe illness such as bronchiolitis (inflammation of the small airways in the lungs) and pneumonia (infection of the lungs). It is the most common cause of bronchiolitis and pneumonia in children younger than 1 year of age.



Reference: Jartti T et al. EAACI Task Force on Clinical Practice Recommendations on Preschool Wheeze. Bronchiolitis needs a revisit: Distinguishing between virus entities and their treatments. *Allergy*. 2019 Jan;74(1):40-52.

Immunizations to Protect Against Severe RSV

	Who Does It Protect?	Type of Product	Who Is It Recommended For?	When Is It Available?
	Adults 50 and over	RSV vaccine	Adults ages 50-74 who are at increased risk of severe RSV AND Everyone ages 75 and older	Available any time, but best time to get vaccinated is late summer and early fall
	Babies	RSV antibody given to baby	All infants whose mother did not receive RSV vaccine during pregnancy, and some children ages 8-19 months who are at increased risk for severe RSV	October through March*
	Babies	OR RSV vaccine (Pfizer's ABRYSVO) given to mother during pregnancy	All pregnant women during weeks 32-36 of their pregnancy	September through January

Influenza

What is Influenza?

- Influenza is a virus that infects the windpipe and breathing tubes.
- **When:** Spreads in the fall and winter along with other respiratory viruses.

Symptoms:

- Symptoms start suddenly and include high fever, chills, severe muscle aches and headache.
- The onset of shaking chills is often so dramatic that people will remember the exact hour that it started.
- Most symptoms only last a few days, but the virus also causes runny nose and a cough that can last for weeks.
- Complications of influenza can include:
 - Pneumonia (infection of the lungs)
 - Encephalitis (inflammation of the brain)
 - Heart disease
 - Guillain-Barré syndrome (GBS)

Influenza Vaccine

- **Seasonal variation:** Circulating flu strains differ season to season, requiring vaccine updates for optimal protection
- **Unique challenge:** Flu vaccine reformulated most years due to evolving virus strains
- **Global collaboration:** CDC, FDA, and WHO work together annually to select appropriate strains
- **Current formulation:** Contains three strains that circulated in the previous year (U.S. or Southern hemisphere)
- **Production complexity:** Yearly changes make flu vaccine one of the most difficult vaccines to manufacture

Influenza Vaccine

Who Should Get Vaccinated:

- Everyone 6 months and older recommended annually
- Children 6 months to 8 years need two doses (4 weeks apart) if first-time recipients or haven't received at least two previous doses

When to Get Vaccinated:

- Most people: September or October
- Early vaccination (July/August) recommended for: Infants/children needing first vaccine (allows time for two-dose series)
- Pregnant people in third trimester
- Late vaccination still beneficial (flu circulates through February/March)

2025-2026 Season Updates:

- All U.S. vaccines are now trivalent (three-component)
- Single-dose, thimerosal-free formulations recommended for children, pregnant women, and adults

2025-2026 Combined Respiratory Vaccine Recommendations

	Influenza Vaccine	RSV Immunization	COVID-19 Vaccine
Infants and Children	All children 6 months and older Some children 6 months to 8 years may need multiple doses <small>AAP, CDC</small>	All infants <8 months + children 8-19 months with risk factors (nirsevimab, clesrovimab), typically Oct-Mar, if no maternal RSV vaccine <small>AAP, CDC</small>	All children 6-23 months + children 2-17 years with risk factors or if parent desires vaccine <small>AAP</small>
	OR		
Pregnancy	All At any point in pregnancy <small>ACOG, CDC</small>	32-36 weeks gestation (Pfizer, Abrysvo only) Typically Sept-Jan <small>ACOG, CDC</small>	All At any point in pregnancy <small>ACOG</small>
Adults 18-50	All <small>CDC</small>	See Pregnancy <small>CDC</small>	All* <small>*2024-2025 medical society recommendations remain until updated (emphasis on high risk adults) ACP, AAFP, IDSA</small>
Adults 50+	All High-dose, recombinant or adjuvanted flu vaccine preferred for 65+, if available <small>CDC</small>	All 75+ and adults 50-74 with risk factors One lifetime dose of RSV vaccine <small>CDC</small>	All* <small>*2024-2025 medical society recommendations remain until updated (emphasis on high risk adults) ACP, AAFP, IDSA</small>



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