



NEW INFORMATION RE: RSV & FLU (08/2024)

Updated 2024-2025 Flu Vaccine Recommendation

CDC recommends everyone 6 months of age and older, with rare exceptions, receive an updated 2024-2025 flu vaccine to reduce the risk of influenza and its potentially serious complications this fall and winter.

[LINK: Similarities and Differences between Flu and COVID-19 | CDC](#)

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. Vaccines are available to protect older adults from severe RSV.

CDC Recommendations

Adults ages 60 years and older

- CDC recommends an RSV vaccine for everyone ages 75 and older and adults ages 60-74 at increased risk of severe RSV.
- Adults 60-74 who are at increased risk include those with chronic heart or lung disease, certain other chronic medical conditions, and those who are residents of nursing homes or other long-term care facilities.
- RSV vaccine is not currently an annual vaccine, meaning older adults do not need to get a dose every RSV season. That means if you have already gotten an RSV vaccine, you do not need to get another one at this time.
- The best time to get vaccinated is in late summer and early fall – just before RSV usually starts to spread in the community.

[RSV \(Respiratory Syncytial Virus\) Immunizations | CDC](#)



WHAT YOU NEED TO KNOW ABOUT RSV & FLU

Respiratory illness is a major concern for children each year. However, this year, healthcare providers are sounding an alarm, reporting a significant spike in respiratory illness among children. Hospitals like Le Bonheur Children's Hospital are seeing many early cases of Respiratory Syncytial Virus (RSV) and influenza (FLU). We want to help you keep your child healthy and safe. Please review this important health information from our partners at Le Bonheur and the Centers for Disease Control (CDC).

FAQs

What is Respiratory Syncytial Virus (RSV)?

RSV is a common respiratory virus that often mimics the common cold. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults.



What is different this year?

CDC surveillance has shown an increase in RSV detections and RSV-associated emergency department visits and hospitalizations in multiple U.S. regions with some regions nearing seasonal peak levels.

Can my child be vaccinated against RSV?

Currently, there is no vaccine for RSV. However, flu vaccines are available and recommended for children ages 6 months and older.

What should I do if my child exhibits signs of RSV or the flu?

If you suspect your child has a respiratory infection, do not send your child to school. Contact your pediatrician or healthcare provider as soon as possible. Your pediatrician or healthcare provider can also share more information about respiratory infections and available vaccines.

How can I prevent my family from getting RSV or the flu?

As with most viral infections, basic prevention includes:

- Regular hand washing and keeping your hands away from your face
- Coughing and sneezing into tissue or upper sleeve
- Disinfecting toys and hard surfaces
- Keeping infants and young children away from adults and siblings with colds



The links below from the CDC provide additional information:

- [Prevent RSV - Protect your child \(cdc.gov\)](https://www.cdc.gov/flu/school/prevent-rsv-protect-child)
- [Flu Vaccine: Get the Facts \(cdc.gov\)](https://www.cdc.gov/flu/vaccine/get-the-facts)