

RECOMMENDED VACCINE SCHEDULE FOR TYPICAL OLDER AMERICANS

Check with your healthcare provider, as other health conditions and vaccine history may require a different schedule.

COVID

One shot,
twice a year

About 6-9
months apart

INFLUENZA

One shot

Every fall

PNEUMOCOCCAL PNEUMONIA

One shot

Once or life

RSV (Respiratory Syncytial Virus)

One shot

Once for life

COVID-19



- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may appear 2–14 days after exposure.

INFLUENZA (FLU)



- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (tiredness)
- Some people may also have nausea, vomiting and diarrhea

Symptoms usually appear 1–4 days after exposure.

PNEUMOCOCCAL PNEUMONIA



- Fever and chills
- Cough
- Shortness of breath
- Chest pain that worsens when you breathe or cough
- Fatigue
- Loss of appetite
- Confusion (especially in older adults)
- Nausea, vomiting or diarrhea

Symptoms can develop suddenly or over a few days.

RSV (RESPIRATORY SYNCYTIAL VIRUS)



- Runny nose
- Decreased appetite
- Coughing
- Sneezing
- Fever
- Wheezing
- Shortness of breath or difficulty breathing

Symptoms usually appear 4–6 days after exposure.