



A Guide to 2025 Fall Immunizations

Seasonal Influenza (Flu)

What Are The Options

A shot that targets 3 strains of seasonal flu from 4 pharmaceutical companies

How Well Do They Work

Reduces the risk of going to the doctor by 30–60%

Who Is Eligible?

Everyone over 6 months of age

Some children 6 months to 8 years may need multiple doses. High-dose, recombinant or adjuvanted flu vaccine preferred for 65+, if available

When Should I Get It?

October is ideal, as vaccine protection wanes over a season

COVID-19

What Are The Options

Updated vaccine formula targeting JN.1 or LP.8.1 – Omicron subvariants

Options:

Moderna (mRNA; 6 months+)

Pfizer (mRNA; 5 years+)

Novavax (protein; 12 years+)

How Well Do They Work

30–60% additional protection against illness & severe disease

Who Is Eligible?

6 months+

Washington State's Department of Health has provided a standing prescription that allows pharmacists and healthcare providers to administer the immunizations to all persons 6 months and older.

When Should I Get It?

Protection against severe disease: Get now

Recently infected? Wait at least 6 months

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RSV in Older Adults

What Are The Options

GSK and Pfizer (protein)
Moderna (mRNA)

Who Is Eligible?

All 75+ and adults 50-74 with risk factors should get one lifetime dose

How Well Do They Work

Reduces risk of severe disease by 80-96%

When Should I Get It?

Now: Protection is durable

RSV in Pregnancy

What Are The Options

Pfizer vaccine called ABRYSVO

Who Is Eligible?

Pregnancy (passes to baby for protection in first 6 months of life)

How Well Do They Work

Reduces risk of severe disease by 80-96%

When Should I Get It?

32 to 36 weeks of pregnancy and only during Sept-Jan

RSV in Infants

What Are The Options

Monoclonal antibody called nirsevimab or clesrovimab. This is not a vaccine (doesn't teach the body to make antibodies) but rather a medication (provides antibodies)

Who Is Eligible?

All infants <8 months old and children 8-19 months with risk factors

How Well Do They Work

Reduces risk of severe disease by 80-96%

When Should I Get It?

Typically from October-March, if maternal RSV vaccine not received Protection lasts 4-6 months