EVERTHRIVE ILLINOIS
CHAMPIONS FOR HEALTH EQUITY

Stay Protected Year-Round: Your Guide to RSV, Flu, & COVID-19 Vaccines

Respiratory virus season can bring a lot of questions, and this guide is here to help. In this guide, you will find information and resources to help protect yourself, your family, and your community from RSV, Flu, and COVID-19.

What is RSV, Flu, and COVID-19?

RSV (Respiratory Syncytial Virus), Flu (Influenza), and COVID-19 (Coronavirus 2019) are common respiratory viruses that spread from person to person and can affect the nose, throat, lungs, and other parts of the body that help you breathe. Vaccines can help keep you from getting seriously sick if you are exposed to these respiratory viruses.

Who should get the vaccines?

	RSV	Flu	COVID-19
Children	**Babies under the age of eight months** entering their **first RSV season** *(protective antibodies–not a vaccine)*, **only if pregnant person did not get an RSV vaccine during pregnancy** **Some children ages 8-19 months** who are at **higher risk for severe RSV illness**	**All children 6 months and older**	**All children ages 6-23 months** and **children of any age whose parents or caregivers would like them to be vaccinated** Vaccination is especially important for children 2-17 years of age who: • Have never been vaccinated against COVID-19 • Have certain medical conditions or weakened immune systems • Live in group settings or with someone at high risk for severe COVID-19 illness
Pregnant People	**All pregnant individuals** in their **first pregnancy during RSV season (Sep–Jan)**, recommended between **32–36 weeks of pregnancy** to allow time for baby to develop protection *(If you had the RSV vaccine during a previous pregnancy, you do not need to get it again)*	**All pregnant individuals** during **each pregnancy**, safe during **any trimester**	**All pregnant individuals** during **each pregnancy**, safe to receive during **any trimester of pregnancy** *Note: Other vaccines may be recommended during pregnancy. Talk to your healthcare provider to learn more.*
Adults	**Adults 50-74 years old with** medical conditions that increase their risk of severe RSV and **all adults 75 years and older**	**All adults 18 years and older**	**All adults 18 years and older**

When and how often?

RSV vaccine

- **late summer or early fall** (ideally, before end of Oct)
- **one time only** (RSV is not a yearly vaccine)

* *Some children with certain medical conditions may need additional doses. Talk to their healthcare provider.*

Flu and COVID-19

- **early fall** (ideally, before end of Oct)
- **every year**

Disclaimer: We are frequently reviewing and updating this information to reflect the most current data available and provided by subject matter experts on the topic of immunization. Created September 2026.

EVERTHRIVE ILLINOIS
CHAMPIONS FOR HEALTH EQUITY

The Benefits of Vaccines

Think of vaccines like seat belts– they may not prevent every illness, just like seat belts may not prevent a car accident, but they can protect you from serious injuries or even death.

Vaccines are safe and are the best tool to prevent serious illnesses

Recommended vaccines during pregnancy are safe and help protect you and your baby after birth, before your baby can be vaccinated

Getting vaccinated can help you stay healthy and avoid missing work, school, and important moments in your life

You may still get sick after being vaccinated, but vaccines can help keep your symptoms mild and avoid hospitalization

Key things to remember

- **Even if you've already had the Flu or COVID-19, it is still important to get your annual Flu and COVID-19 shots.**
- **It is safe to get your RSV, Flu, and COVID-19 shots all in one appointment.**
- **You might have mild side effects after getting your RSV, Flu, and COVID-19 shots, but these usually go away within 24-48 hours and are a normal sign that your body is building protection.**
- **Talk to your healthcare provider if you have questions about vaccines. They can help guide you to make the best decision for you and your family.**

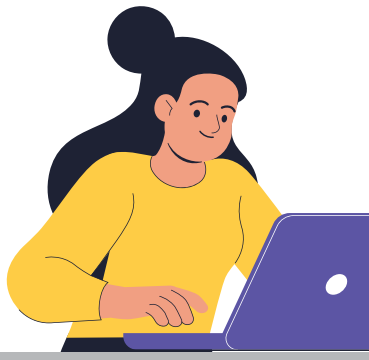
Vaccine Resources

Find a location to get vaccinated

Find additional vaccination locations, including pharmacies

Illinois Department of Public Health (IDPH) Vaccine Recommendations

Chicago Department of Public Health (CDPH) Immunization Clinics



Funding for this resource was made possible by funds received from the Office of Health Protection and Response, through the Illinois Department of Public Health