



A Guide to 2025 Fall Immunizations

Seasonal Influenza (Flu)

What Are The Options

A shot that targets 3 strains of seasonal flu

Who Is Eligible?

6 months+

How Well Do They Work

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

When Should I Get It?

October is ideal, as vaccine protection wanes over a season

COVID–19 Vaccine

What Are The Options

Updated vaccine formula targeting JN.1 or LP.8.1 – Omicron subvariants Options: Moderna and Pfizer (mRNA) or Novavax (protein)

Who Is Eligible?

6 months+

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

How Well Do They Work

30–60% additional protection against illness & severe disease

When Should I Get It?

Protection against **severe disease**: Get now

Protection against **infection**: Best before a wave, which can be challenging to time

Recently infected? Wait at least 6 months

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RSV Vaccine For Older Adults

What Are The Options

GSK and Pfizer (protein) or 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 the risk of severe disease by 82–86%

When Should I Get It?

Now: Protection is durable

RSV Vaccine For 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

82% efficacy in preventing hospitalization in first 3 months of life. 69% efficacy after 6 months

When Should I Get It?

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

RSV Monoclonal Antibody For 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 (if mother didn't receive vaccine during pregnancy)

How Well Do They Work

Reduces risk of hospitalization by 80–96%

When Should I Get It?

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