



## Promoting Awareness on Immunizations for the 2024 Cycle

### **SUMMARY**

This MCCMH handout describes the most popular immunizations recommended by the Centers for Disease Control and Prevention (CDC) based on the 2024 year cycle for adults 19 years of age and older. This information is **only** to be used as educational material to inform individuals and their guardians of the importance of maintaining up to date immunizations as recommended by current CDC guidelines and the standards of care.

It is the authority of a health care provider to advise and determine what each person served would need based on their full understanding of the person's medical history and allergy profile.

### **COVID-19 Vaccine:**

Vaccine recommendations are based on age, time since last dose, and in some cases, the first vaccine received. Individuals who are up to date on vaccinations have a lower risk of severe illness, hospitalization, and death from COVID-19 than individuals who are unvaccinated or who have not completed the doses recommended for them by the CDC. Additional COVID-19 vaccine doses can help restore protection that has decreased since previous vaccination.

### CDC Recommendation 2024:

- Vaccines are recommended for all persons aged  $\geq 6$  months to target currently circulating SARS-CoV-2 strains and provide additional protection against severe COVID-19–associated illness and death.
- People who are moderately or severely immunocompromised may get additional doses of updated Pfizer-BioNTech or Moderna COVID-19 vaccine. People who are moderately or severely immunocompromised ages 6 months and older may receive 1 or more age-appropriate additional doses of a 2024–2025 COVID-19 vaccine.

For more information, please refer to:

<https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html>

## **Influenza Vaccine:**

In the U.S.A., flu activity usually peaks in the months of January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May. It is important to remind individuals that they cannot catch the flu from a flu shot.

### CDC Recommendation 2024 - 2025:

- ACIP reaffirms the recommendation for routine annual influenza vaccination of all persons aged  $\geq 6$  months who do not have contraindications.
- ACIP recommends high-dose inactivated (HD-IIV3) and adjuvanted inactivated (aIIV3) influenza vaccines as acceptable options for influenza vaccination of solid organ transplant recipients aged 18 through 64 years who are on immunosuppressive medication regimens, without a preference over other age-appropriate IIV3s or RIV3.
- Routine annual influenza vaccinations are recommended for all individuals older than 6 months of age who do not have contraindications.
- Emphasis should be placed on vaccinations for high-risk groups and their contacts/caregivers. Here is a list of individuals considered high risk:
  1. Children 6 months of age through 59 months
  2. Adults older than 50 years of age
  3. Individuals with chronic pulmonary disease (including asthma), cardiovascular (excluding isolated hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus)
  4. Individuals who are immunocompromised due to any cause, including (but not limited to) medications or HIV infection.
  5. Women who are or will be pregnant during the influenza season.
  6. Children and adolescents (6 months of age through 18 years) receiving aspirin- or salicylate-containing medications who might be at risk for Reye syndrome after influenza infection.
  7. Residents of nursing homes and other long-term care facilities
  8. American Indians/Alaska Natives
  9. Individuals who are extremely obese (BMI  $\geq 40$  for adults)
  10. Caregivers and contacts of those at risk
  11. CDC now strongly recommends that people 65 years and older, receive preferentially recommended vaccines that are over the standard dose, unadjuvanted flu vaccines. These are Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine, and Fluad Quadrivalent adjuvanted flu vaccine.

For more detailed information please refer to

<https://www.cdc.gov/flu/professionals/acip/summary/summary-recommendations.htm>

## **Pneumococcal Vaccine:**

Pneumococcal disease is an infection caused by *Streptococcus pneumoniae* bacteria, sometimes referred to as pneumococcus. Pneumococcus can cause many types of illnesses, including pneumonia,

blood infections, ear infections, and meningitis. The best way to prevent pneumococcal disease is by getting vaccinated.

CDC Recommendation 2024:

- The number and timing of doses for adults of 19 years of age or older depends on the medical indication, prior pneumococcal vaccination, and age. The individual’s health care provider will advise on the number and timing as it clinically applies to each case.
- CDC recommends pneumococcal vaccination for children younger than 5 years and adults 65 years or older.
- See the CDC link below for further details on “Pneumococcal Vaccination: Summary of Who and When to Vaccinate for all pneumococcal vaccine recommendations by vaccine and age”  
<https://www.cdc.gov/vaccines/vpd/pneumo/hcp/who-when-to-vaccinate.html>
- It is recommended for all adults with the following conditions to be receive pneumococcal vaccination:
  - Cerebrospinal fluid leak
  - Chronic liver disease
  - Cochlear implant
  - Diabetes mellitus
  - Congenital or acquired asplenia, or splenic dysfunction
  - Congenital or acquired immunodeficiency
  - Diseases or conditions treated with immunosuppressive drugs or radiation therapy
  - HIV infection
  - Sickle cell disease or other hemoglobinopathy
  - Alcohol use disorder
  - Cigarette smoking
  - Chronic Heart Disease
  - Chronic Lung Disease
  - Renal Failure or nephrotic syndrome

For more detailed information please refer to  
<https://www.cdc.gov/vaccines/vpd/pneumo/hcp/recommendations.html> and  
[https://www.cdc.gov/pneumococcal/hcp/vaccine-recommendations/risk-indications.html#cdc\\_generic\\_section\\_5-risk-conditions](https://www.cdc.gov/pneumococcal/hcp/vaccine-recommendations/risk-indications.html#cdc_generic_section_5-risk-conditions)

## Respiratory Syncytial Virus (RSV) Vaccine:

RSV is a common virus that can infect the airways and lungs of a person. The symptoms of RSV are difficult to distinguish between the common cold and other viruses. RSV is most common in the fall and winter but reaches a peak in December or January. In 2024 the CDC released the following updates for adults:

- ACIP recommends adults 60–74 years of age and older who are at increased risk of severe RSV disease receive a single dose of RSV vaccine.
- Adults 60–74 years of age who are not at increased risk of severe RSV disease are NOT recommended to receive RSV vaccination.

### Other vaccines as it pertains to a given age:

See below table including the immunization schedule for adults who are 19 years of age or older for 2024.

- Remember to always consult with the primary health care provider assigned to the individual.
- Please see the following link to learn and educate your staff, persons served, and their guardians about the vaccination schedule recommended by the CDC.

For additional information on vaccines please visit

[https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html?CDC\\_AAref\\_Val=https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html](https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html?CDC_AAref_Val=https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html)

| VACCINE       | 19–26 YEARS  | 27–49 YEARS | 50–64 YEARS                 | 65+ YEARS                 |
|---------------|--|-------------|-----------------------------|---------------------------|
| COVID-19      | At least 1 dose of the current COVID-19 vaccine              |             |                             |                           |
| Influenza/Flu | Every Year   |             |                             |                           |
| RSV           | If pregnant during RSV season                                |             | If aged 60 through 74 years | If aged 75 years or older |
| Tdap/Td       | Tdap every pregnancy. Td/Tdap every 10 years for all adults. |             |                             |                           |
| MMR           | If aged 66 years or younger                                  |             |                             |                           |
| Chickenpox    | If U.S. born and aged 43 years or younger                    |             |                             |                           |
| Shingles      |  |             |                             |                           |
| HPV           | 27–45 years  |             |                             |                           |
| Pneumococcal  |  |             |                             |                           |
| Hepatitis A   |  |             |                             |                           |
| Hepatitis B   | Through 59 years   |             |                             |                           |
| Meningococcal |  |             |                             |                           |
| Hib           |  |             |                             |                           |
| Mpox          |  |             |                             |                           |

Staying **up to date** on your vaccines is one of the best things you can do to protect your health. If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

- KEY**
- ALL adults in age group should get the vaccine.
  - SOME adults in age group should get the vaccine.
  - Adults should talk to their health care provider to decide if this vaccine is right for them.



FOR MORE INFORMATION  
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)  
Or visit: [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults)

