




# Respiratory Vaccine Recommendations

Vaccines are **safe**, **effective**, and the **best way to protect** against respiratory viruses, including COVID-19, the flu, and RSV. Talk to your doctor or visit [SanDiegoCounty.gov/vaccines](https://SanDiegoCounty.gov/vaccines).



AGE/ CONDITION	COVID-19	FLU (Influenza)	RSV (Respiratory Syncytial Virus)
<b>Children</b> 	<ul style="list-style-type: none"> <li>• 6-23 months old.</li> <li>• 2-18 year olds with risk factors or never vaccinated against COVID-19.</li> <li>• All who are in close contact with others with risk factors.</li> <li>• All who choose protection.</li> </ul>	<ul style="list-style-type: none"> <li>• 6 months and older.</li> </ul>	<ul style="list-style-type: none"> <li>• Younger than 8 months.</li> <li>• 8-19 months with risk factors.</li> </ul>
<b>Pregnancy</b> 	All who are: <ul style="list-style-type: none"> <li>• Planning pregnancy.</li> <li>• Pregnant.</li> <li>• Postpartum.</li> <li>• Lactating.</li> </ul>	All who are: <ul style="list-style-type: none"> <li>• Planning pregnancy.</li> <li>• Pregnant.</li> <li>• Postpartum.</li> <li>• Lactating.</li> </ul>	<ul style="list-style-type: none"> <li>• People who are 32-36 weeks pregnant.</li> </ul>
<b>Adults</b> 	<ul style="list-style-type: none"> <li>• All with risk factors.</li> <li>• All with close contact to those with risk factors.</li> <li>• All 65 and older.</li> </ul>	<ul style="list-style-type: none"> <li>• All.</li> </ul>	<ul style="list-style-type: none"> <li>• All 75 and older.</li> <li>• All 50–74 years with risk factors.</li> </ul>