

Adults 65+ Remain At-Risk

Stay protected with another dose of the COVID-19 vaccine

COVID-19 continues to pose a serious health threat, especially for older adults who are more likely to get very sick from COVID-19 and be hospitalized.¹ The good news is adults 65 years of age and older can reduce their risk of severe illness by receiving recommended vaccinations, including another dose of the 2024–2025 COVID-19 vaccine six months after their first dose.²



Adults 65+ are at higher risk of severe infection from COVID-19

As people get older, their immune system doesn't work as well as it used to. It becomes slower at spotting viruses and has a harder time signaling the body to fight off infections.³

Aging also affects the lungs, making them weaker and more prone to damage. This can make it harder for the body to fight infections like COVID-19.⁴ Additionally, older adults are more likely to have other health conditions that can further weaken their immune system, including chronic respiratory conditions, cardiovascular conditions, and diabetes.⁵ Because of this, they are at higher risk of getting very sick from COVID-19 and may need to be hospitalized.⁶

These factors make it especially important for adults 65 years of age and older to get another dose of the latest COVID-19 vaccine to help protect against serious infections and reduce the risk of severe illness.



COVID-19 vaccine recommendations for adults 65+

While COVID-19 cases often increase during the winter, past years have shown that surges can happen any time of year.⁷ Because COVID-19 vaccine protection wanes over time, it is recommended that high-risk groups, including older adults, receive another dose of the 2024–2025 COVID-19 vaccine six months after their first dose.⁸ Getting another dose provides an additional layer of protection to help reduce the risk of severe outcomes due to COVID-19 and be prepared ahead of another surge.

The 2024–2025 COVID-19 vaccines became available in early fall of 2024. Individuals at high-risk who received a first dose of the COVID-19 vaccine in August, September, October, or November, are now eligible—or close to eligible—for another dose. For those who have yet to receive a first dose of the 2024–2025 COVID-19 vaccine, there's still time to do so.

¹ <https://www.cdc.gov/mmwr/volumes/71/wr/mm7134a3.htm>

² <https://www.cdc.gov/covid/vaccines/benefits.html#>

³ <https://pmc.ncbi.nlm.nih.gov/articles/PMC7288963/>

⁴ <https://pmc.ncbi.nlm.nih.gov/articles/PMC10389836/>

⁵ <https://pmc.ncbi.nlm.nih.gov/articles/PMC6939636/>

⁶ <https://www.cdc.gov/respiratory-viruses/risk-factors/older-adults.html>

⁷ <https://www.cdc.gov/ncird/whats-new/cdc-updates-vaccine-recommendations.html>

⁸ <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html>

Explore CVEEP resources to learn more on the latest vaccine recommendations and talk to your provider to ensure you are up to date.