

Vaccines

For People With Weakened Immune Systems

If you are immunocompromised, you may have more difficulty protecting yourself against preventable diseases. Some vaccine-preventable diseases can put you at higher risk for serious lung infections that may require hospitalization or even cause death.

Vaccinations are a safe, effective, and easy way to protect yourself against preventable diseases. They are especially important for people with weakened immune systems because you have more difficulty recovering from infections or diseases. However, depending on how affected your immune system is, you may need to avoid certain vaccines or wait until your immune system is stronger.

Ask your health care provider which vaccines are recommended for you.

Which Vaccines Do I Need?

- **COVID-19 Vaccine:** Everyone 6 months and older is recommended to receive at least 1 dose of the updated COVID-19 vaccine. People with a weakened immune system may need additional doses of the 2024-2025 COVID-19 vaccine depending on the number of prior doses.

Persons **not** previously vaccinated should receive 3 doses of the updated mRNA (Pfizer BioNTech or Moderna) or 2 doses of updated Novavax COVID-19 vaccine.

Persons who previously received an original Novavax, monovalent or bivalent mRNA vaccine need 1 or 2 doses of the updated COVID-19 vaccine depending on the number of prior doses.

- **Flu Vaccine:** You should get this every year, especially in the fall, to reduce the risk of getting the flu. If you're [65 or older](#), or 18-64 and have a received an organ transplant and are taking immunosuppressive medication, ask your provider about the high-dose flu vaccine.



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- **RSV:** For people aged 75 and older, one dose protects against severe illness from respiratory syncytial virus (RSV). One dose of RSV is recommended for adults aged 60-74 who are at higher risk of severe RSV, such as immunocompromised individuals.

Infants under 8 months old should receive a single dose of nirsevimab (Beyfortus) before or during the RSV season (October through March) to protect them from lung infection. Infants and children 8 to 19 months of age who are at high risk for severe RSV disease and entering their second RSV season should also receive one dose of nirsevimab.

- **Pneumonia Vaccine:** Protects against several types of pneumococcal bacteria that can cause serious infections in children and adults. The 4-dose childhood series is recommended before age 5. Recommendations for older children and adults may be accessed [here](#).

How Do I Get Vaccinated?

- ❖ Visit your health care provider or pharmacy.
- ❖ Ask your health care provider if additional doses are recommended for you.
- ❖ If you don't have a provider, go to publichealth.lacounty.gov/vaccines for a list of free and low-cost vaccination clinics and more information about vaccines.
- ❖ The best part is you can get most vaccines at the same visit!



**For a list of recommended vaccines,
visit: www.cdc.gov/vaccines**



Public Health Call Center

For more information, the Public Health Call Center is open 8 a.m. to 8 p.m. seven days a week at **1-833-540-0473**.

