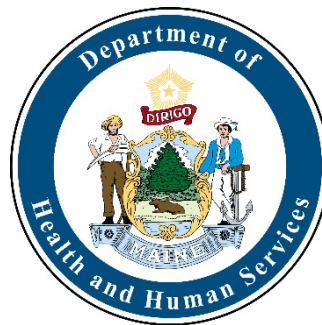


Influenza, RSV, & COVID-19 Adult Vaccines

Valerie MacKenzie

Maine Immunization Program

September 2025



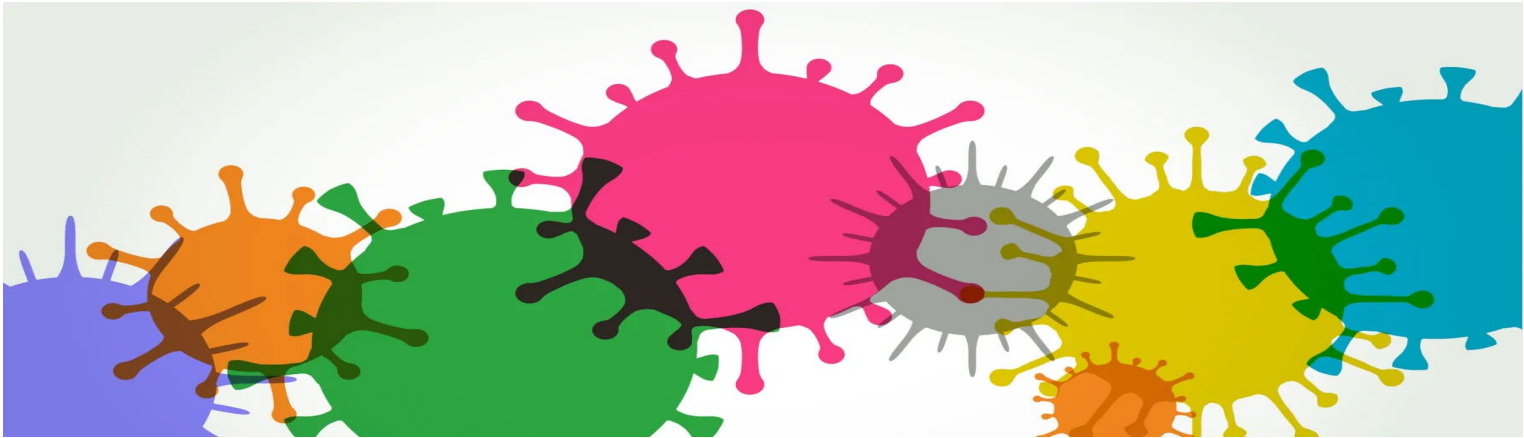
Adult Influenza Vaccination

- Age 19 years or older: 1 dose any influenza vaccine appropriate for age and health status annually.
- Age 65 years or older: Any one of trivalent high-dose inactivated influenza vaccine, trivalent recombinant influenza vaccine, or trivalent adjuvanted inactivated influenza vaccine is preferred. If none of these three vaccines are available, then any other age-appropriate influenza vaccine should be used.
- Limited doses of Fluarix (Trivalent) are available for under and uninsured adults, 19 years and older through our 317 Adult Vaccine Program.



RSV Vaccination

- **Abrysvo (Pfizer) or Arexvy (GSK)** - CDC recommends a single lifetime dose for adults 75 or older years and adults 50 years old and older that have an increased risk of severe RSV disease.
- **Abrysvo (Pfizer)** - CDC recommends pregnant people to get a single dose of RSV during weeks 32 – 36 of pregnancy during September through January



COVID-19 Vaccines

- Adults 19-64 years should receive 1 dose of age appropriate 2025-2026 COVID-19 Vaccine.
- Adults 65+ years should receive 2 doses of age appropriate 2025-2026 COVID-19 vaccine 6 months apart (minimum interval 2 months).
- Pregnant , recently pregnant, or lactating adults should receive 1 dose of age appropriate COVID-19 2025-2026 vaccine.

*Moderately or severely immunocompromised may need please discuss with your medical provider.

<https://www.maine.gov/dhhs/mecdc/sites/maine.gov.dhhs.mecdc/files/documents/Maine%20CDC%20Standing%20Order%20for%20Administration%20of%202025%E2%80%932026%20COVID-19%20Vaccines.pdf>



Protective Actions

Vaccination Info



Everyone 6 months and older should get a flu vaccine every season, especially people at [higher risk](#).

Vaccination Info

Preventive Actions



Take actions every day to help stop the spread of germs. Getting a [flu vaccine](#) is the most important.

Preventive Steps

Treatment



There are prescription medications called “flu antiviral drugs” that can be used to treat flu illness.

Treatment

<https://www.cdc.gov/respiratory-viruses/hcp/clinical-overview/index.html>

<https://www.cdc.gov/respiratory-viruses/prevention/index.html>

<https://www.cdc.gov/respiratory-viruses/treatment/index.html>

Vaccines Available through Adult 317

- **Influenza:** Fluarix (Trivalent)
- **RSV:** Abrysvo & Arexvy
- **COVID-19:** Spikevax



Enrollment into Adult 317 Program

- Easy for VFC sites, one additional form to complete.
- Learn about the prebook process.
- Complete you prebook documentation.
- Continue to follow VFC compliance.



Questions?

Valerie MacKenzie, Public Health Educator

Maine Immunization Program

ImmunizeME.DHHS@maine.gov

