



Older adults need another COVID-19 vaccine: Suggested talking points

- **The CDC recommends people 65 and older [receive an additional dose](#) of the updated COVID-19 vaccine this spring after at least four months since they received a COVID-19 vaccine.**
 - People who are immunocompromised may receive an additional dose of the updated vaccine at least two months after their last dose.
 - The shot would be an additional dose of the updated Pfizer, Moderna, or Novavax vaccines that were approved last fall.
 - It's safe to receive an updated vaccine from any of the three manufacturers, regardless of which COVID-19 vaccines you received in the past.
 - Updated COVID-19 vaccines are available at pharmacies. Visit [Vaccines.gov](#) to find an appointment near you.
- **Updated COVID-19 vaccines are effective at protecting against severe illness, hospitalization, death, and long COVID.**
 - Last October and November, adults who had recently received an updated COVID-19 vaccine accounted for only 4 percent of COVID-19-related hospitalizations.
 - Those who were vaccinated against COVID-19 in 2022—but did not receive an updated COVID-19 vaccine—accounted for 25 percent of COVID-19-related hospitalizations.
 - Staying up to date on COVID-19 vaccines is a [safer and more reliable way](#) to build protection against COVID-19 than getting sick from COVID-19.
- **The CDC has also updated isolation recommendations for people who are sick with COVID-19.**
 - According to the CDC's general [respiratory virus guidance](#), people who are sick with COVID-19 or another common respiratory illness, like the flu or RSV, should isolate until they've been fever-free for at least 24 hours without the use of fever-reducing medication and their symptoms are improving.
 - After that, the CDC recommends that people who are sick take additional precautions for the next five days, including masking while around others and [improving ventilation](#).
 - COVID-19 remains a highly contagious disease that can cause severe illness, death, and long-term health complications. If you are sick with COVID-19, you can infect others for [five to 12 days](#), or longer.



Older adults need another COVID-19 vaccine: Frequently asked questions

1. Who is eligible for another COVID-19 vaccine this spring?

The CDC recommends that people ages 65 and older [receive an additional dose](#) of the updated COVID-19 vaccine this spring after at least four months since they received a COVID-19 vaccine. People who are immunocompromised may receive an additional dose of the updated vaccine at least two months after their last dose.

It's safe to receive an updated COVID-19 vaccine from Pfizer, Moderna, or Novavax, regardless of which COVID-19 vaccines you received in the past. Updated COVID-19 vaccines are available at pharmacies, local clinics, and doctors' offices. Visit [Vaccines.gov](#) to find an appointment near you.

Under- and uninsured adults can get the updated COVID-19 vaccine for free through the CDC's Bridge Access Program. If you're over 60 and unable to leave your home, call [the Aging Network](#) at 1-800-677-1116 to learn about free at-home vaccination options.

2. What are the benefits of staying up to date on COVID-19 vaccines?

[Staying up to date on COVID-19 vaccines](#) prevents severe illness, hospitalization, death, and [long COVID](#).

The CDC says staying up to date on COVID-19 vaccines is a [safer and more reliable way](#) to build protection against COVID-19 than getting sick from COVID-19.

3. What are the new COVID-19 isolation guidelines?

According to the CDC's general [respiratory virus guidance](#), people who are sick with COVID-19 or another common respiratory illness, like the flu or RSV, should isolate until they've been fever-free for at least 24 hours without the use of fever-reducing medication and their symptoms are improving.

After that, the CDC recommends taking additional precautions for the next five days: wearing a well-fitting mask, limiting close contact with others, and [improving ventilation](#) in your home if you live with others.

If you are sick with COVID-19, you can infect others for [five to 12 days](#), or longer. Moderately or severely immunocompromised patients may [remain infectious beyond 20 days](#).