

# Seniors Vaccine Guidelines

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June 2024, English



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## About



All older adults have a high risk of developing vaccine-preventable diseases. Older adults also have a higher risk of developing severe symptoms that can lead to hospitalization. It is essential to stay on top of recommended vaccines. This guide will cover all vaccination guidelines applicable to older adults. Please note, that Medicare covers all of the vaccines recommended below. All of this information can be found on the CDC website.



## Vaccine Guidelines

### TDAP/TD

Prevents Tetanus, Diphtheria, and Pertussis. A booster is recommended every 10 years. Adults aged 65 or older should use the Boostrix vaccine.

### RSV

1 dose of GSK Arexvy or Pfizer Abrysvo is recommended for adults 60 years and older to prevent lung infections caused by RSV. Adults in long-term care facilities face higher risk.

### COVID-19

Adults aged 65 and older face higher risks and should receive an additional booster vaccine 4 months after the initial dose to provide added protection.

# Vaccine Guidelines

## Pneumococcal

This routine vaccination protects adults 65 or older against serious infections, including pneumonia. If PCV15 is used, it should be followed by PPSV23 a year later.

## Shingles

Shingles is a painful skin rash. A 2-dose vaccine called RZV Shingrix is recommended 2-6 months apart for adults 50 years and older.

## Flu (Influenza)

70-90% of seasonal flu-related deaths occur in adults aged 65 or older, so a higher dose or adjuvanted vaccine is recommended.

## FAQ

### What makes an individual “high risk”?

Patients with hemophilia, end-stage renal disease, diabetes, cardiovascular disease, chronic obstructive pulmonary disease, kidney disease, liver disease, HIV, and Asplenia or individuals that are immunocompromised face a higher risk in many cases. Patients should consult with their healthcare providers to review vaccine guidelines.

### What do Tetanus, Diphtheria, and Pertussis cause?

Tetanus causes muscle spasms and breathing problems. Diphtheria causes a thick membrane to cover the back of the throat which can lead to breathing issues. Pertussis causes whooping cough.

## FAQ

### If patients received the Zoster vaccine for Shingles should they still receive Shingrix?

The Zoster vaccine (Zostavax) is no longer available for use in the United States. 1 out of 3 Americans will develop shingles in their lifetime and half of them will be 60 years or older. Patients should still receive the Shingrix vaccine and consult with their healthcare providers to determine the best time to get the vaccine.

### Are there additional resources available?

More information can be found on the [CDC website](#), and individuals can take the [CDC Vaccine Assessment](#) for guidance. Patients should also consult directly with their providers for recommendations.