



# Staying Up to Date with COVID-19 Vaccines

JUNE 6, 2025

## ⚠ COVID-19 VACCINE RECOMMENDATIONS

COVID-19 vaccine recommendations have recently been updated for some populations. This page will be updated to align with the updated immunization schedule.  
[Learn more.](#)

### WHAT TO KNOW

- CDC recommends a 2024–2025 COVID-19 vaccine for most adults ages 18 and older. Parents of children ages 6 months to 17 years should discuss the benefits of vaccination with a healthcare provider.
- The COVID-19 vaccine helps protect you from severe illness, hospitalization, and death.
- It is especially important to get your 2024–2025 COVID-19 vaccine if you are ages 65 and older, are at high risk for severe COVID-19, or have never received a COVID-19 vaccine.
- Vaccine protection decreases over time, so it is important to get your 2024–2025 COVID-19 vaccine.



## Who needs a COVID-19 vaccine

### Reminder



CDC recommends a 2024–2025 COVID-19 vaccine for most adults ages 18 years and older. This includes people who have received a COVID-19 vaccine, people who have had COVID-19, and people with long COVID.

## Importance of staying up to date

- Getting the 2024–2025 COVID-19 vaccine is important because:
  - Protection from the COVID-19 vaccine decreases with time.
  - Immunity after COVID-19 infection decreases with time.
  - COVID-19 vaccines are updated to give you the best protection from the currently circulating strains.
- Getting the 2024–2025 COVID-19 vaccine is especially important if you:
  - Never received a COVID-19 vaccine
  - Are ages 65 years and older
  - Are at [high risk for severe COVID-19](#)
  - Are living in a long-term care facility
  - Are [pregnant](#), [breastfeeding](#), [trying to get pregnant](#), or [might become pregnant in the future](#).
  - Want to lower your risk of getting Long COVID

## Keep in mind

Getting a COVID-19 vaccine is a safer, more reliable way to build protection than getting sick with COVID-19.



Learn more about the [benefits of getting a COVID-19 vaccine](#)

## When are you up to date?

Parents of children ages 6 months to 17 years should discuss the benefits of vaccination with a healthcare provider.

### Resource

[CDC's Childhood Immunization Schedule](#)



CDC recommends a 2024-2025 COVID-19 vaccine for most adults ages 18 years and older.

### Resource

[CDC's Adult Immunization Schedule](#)



## People who are moderately or severely immunocompromised

There are different recommendations if you are moderately or severely immunocompromised; see [Vaccines for Moderately to Severely Immunocompromised People](#).

## People who recently had COVID-19

- If you recently had COVID-19, you **may** delay getting a COVID-19 vaccine for 3 months after symptoms started **OR** after receiving a positive test with no symptoms
- The risk of getting COVID-19 is less likely in the weeks to months following a SARS-CoV-2 infection.
- Certain factors could be **reasons to get a vaccine sooner rather than later**, such as:
  - Personal risk of severe COVID-19
  - Risk of severe COVID-19 in a family or household member or other close contact
  - [Local levels of COVID-19 illness](#)

## Available COVID-19 Vaccines

Three vaccines are available for use in the United States. There is no preference for one vaccine over the other when more than one vaccine is recommended for an age group.

- The 2024–2025 COVID-19 vaccines more closely target the JN.1 lineage of the [Omicron variant](#). 2024–2025 COVID-19 vaccines are updated to give you the best protection from the currently circulating strains.

Vaccine	Can be given to:
2024–2025 Moderna COVID-19 Vaccine	Anyone ages 6 months and older
2024–2025 Pfizer-BioNTech COVID-19 Vaccine	Anyone ages 6 months and older
2024–2025 Novavax COVID-19 Vaccine	Anyone ages 12 years and older

### KEEP READING

[COVID-19 Vaccine Basics](#)

### KEEP READING

[Coronavirus Disease 2019 \(COVID-19\) Vaccine Safety](#)

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SOURCES

**CONTENT SOURCE:**

National Center for Immunization and Respiratory Diseases; Coronavirus and Other Respiratory Viruses Division