

Educating Older Adults About RSV



What is RSV?

Respiratory syncytial virus (RSV) is a common virus that infects the respiratory tract and lungs through droplets from close contact with an infected person. RSV infection can also occur after touching contaminated surfaces and touching one's eyes, nose, or mouth.

Why should older adults receive the RSV vaccine?

Risk of RSV in Long-term Care

- Increasing **age** increases **susceptibility** to and **mortality** from RSV-associated pneumonia
- Residents of **long-term care facilities** are at increased risk of respiratory infections
 - Long-term care staff are frequently in close contact with residents when assisting them, contributing to the risk of RSV transmission

Impact of RSV Outbreaks in Long-term Care

- Outbreaks can be **isolating** and **diminish resident quality of life**, as infection control may require:
 - Masking
 - In-room isolation
- RSV outbreaks can last 13-21 days, placing undue burden residents and staff
- Vaccination can prevent outbreaks before they start**



RSV Complications

Older adults are at risk for severe RSV disease, especially those with comorbidities



In adults 60 years of age or older, the RSV vaccines have shown 80% efficacy at preventing RSV-associated hospitalizations and 81% efficacy against RSV-associated ICU admission, death, or both

2024 CDC Recommendations

- A single dose of the RSV vaccine is recommended for all adults 75 years of age or older, and for adults 60-74 years of age who are at increased risk of severe RSV disease, including residents of long-term care facilities
- The most commonly used vaccines, **RSVpreF** and **RSVPreF3**, are both recombinant protein-based vaccines, similar to the seasonal **influenza virus vaccine**
- RSVpreF** and **RSVPreF3** have similar efficacy and both are safe and well tolerated

RSVpreF and **RSVPreF3** may be associated with an increased risk of Guillain-Barré syndrome (GBS), but it is still very rare:

- The CDC reported about 1 case of GBS per 33,000 RSV vaccinations between May 2023 and July 2024
- By comparison, the odds of being struck by lightning in your lifetime are about 1 in 15,300

RSV Vaccine (RSVpreF, Pfizer)

- Bivalent F proteins
- Single-dose (0.5 mL) IM
- Individuals aged ≥60 yr, pregnant persons
- Individuals aged 18-59 yr at increased risk of severe RSV disease

RSV Vaccine, Adjuvanted (RSVPreF3, GSK)

- Adjuvanted AS01_E
- Single-dose (0.5 mL) IM
- Individuals aged ≥60 yr

RSV Vaccine (mRNA-1345, Moderna)

- mRNA-based vaccine
- Single-dose (0.5 mL) IM
- Individuals aged ≥60 yr



RSV Vaccines

RSV vaccines for older adults are safe and effective

References

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