

# RSV Disease & RSV Vaccines: For Older Adults in Long-Term Care

**RSV disease causes 110,000-180,000 hospitalizations and 6,000-10,000 deaths each year among adults aged 50 or older in the U.S.**

## What is RSV disease?

Respiratory Syncytial Virus disease, or RSV, is a common virus that can infect the nose, throat, lungs, and airways. Infection with the RSV virus usually causes mild symptoms at first (like the common cold) but can cause severe illness, including pneumonia. In some cases, it can lead to congestive heart failure. **RSV disease is more common for certain groups, including older adults and people with chronic health problems (e.g., chronic obstructive pulmonary Disease [COPD] or diabetes) or immunocompromising conditions.**

## How is RSV spread?

**RSV is spread through:**

- respiratory droplets released when an infected person coughs or sneezes
- direct contact with contaminated surfaces; RSV can live on hard surfaces for several hours

## Why is RSV an important issue for residents of long-term care (LTC) facilities?

Adults in LTC facilities are at higher risk for contracting respiratory diseases, including RSV, because they live in close contact with other residents.

**Hospitalization occurs in 10-20% of RSV cases among LTC residents.** Older adults who are hospitalized may be admitted into an ICU and may require mechanical ventilation.

RSV is more likely to be severe in older adults and people with immunocompromising and chronic health conditions. For example, adults aged 65 years and older:

- Were 10 times more likely to be hospitalized due to RSV than adults aged 18-49
- With COPD are 3-13 times more likely to be hospitalized than those without COPD
- With diabetes who need insulin have almost 10 times higher risk of RSV infection than those without diabetes

RSV, like flu and COVID-19, causes large outbreaks in long-term care facilities. **Outbreaks may last 2-3 weeks and require in-room isolation for residents.** This leads to lower quality of life for residents and a higher burden on staff.

## What RSV vaccines are available for adults in the U.S.?

- Two RSV vaccines were licensed in May 2023 (brand names Arexvy and Abrysvo). They are recombinant protein-based vaccines, like hepatitis B and HPV vaccines.
- One RSV vaccine was licensed in May 2024 (brand name mResvia). It is an mRNA vaccine like several COVID-19 vaccines.

**Currently, only one dose of any of the three licensed RSV vaccines is recommended.** Protection lasts at least 18 months. Studies are underway to see if additional doses may be needed in the future. Vaccination helps prevent serious illness, hospital stays, and deaths.

## Who should get an RSV vaccine?

**CDC recommends a single dose of any of the three licensed RSV vaccines for:**

- All adults aged 75 or older
- Adults aged 50-74 with risk factors for severe RSV disease, including living in a LTC facility
- Residents of LTC facilities

## How effective are RSV vaccines?

All three vaccines reduce the risk of severe RSV disease, defined as serious enough to require urgent care, emergency room visits and hospitalization. In clinical trials, Arexvy and Abrysvo protected about 7-8 of every 10 people who got vaccinated against severe RSV disease. In clinical trials, mResvia protected 6-8 of every 10 people who got vaccinated against severe RSV disease.

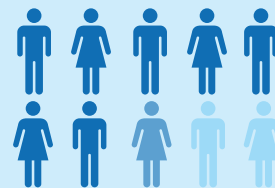
### References

CDC RSV Clinical Overview:  
<https://www.cdc.gov/rsv/hcp/clinical-overview/index.html>

MMWR on RSV Outcomes:  
<https://www.cdc.gov/mmwr/volumes/72/wr/mm7240a1.htm>

CDC RSV Vaccine Guidance:  
<https://www.cdc.gov/rsv/hcp/vaccine-clinical-guidance/adults.html>

### Arexvy and Abrysvo: Clinical Trial Results



Arexvy and Abrysvo **protected about 7-8 of every 10 people** who got vaccinated

### mResvia: Clinical Trial Results



mResvia **protected 6-8 of every 10 people** who got vaccinated.

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