

Recommended Vaccines: Are You Up to Date?

Routine Immunizations - evidenced-based national recommendations¹

Tetanus, Diphtheria, Pertussis Tdap or Td	Primary series plus booster dose within last ten years or if no recent Pertussis booster dose/once dose Tdap with each pregnancy
Hepatitis A	2 immunizations
Hepatitis B	2-3 immunizations depending on vaccine
Measles, Mumps, Rubella: MMR	2 immunizations
Varicella (Chicken Pox)	If no evidence of the previous infection, 2 immunizations
Influenza	1 immunization every fall as immunity wanes
Polio	Primary series – sometimes booster for travel
HPV (Gardasil)	3 immunizations (up to age 45)
Meningococcal Vaccine ACWY	2-3 immunizations before age 18 and college frosh if not completed, as well as others at risk
COVID19	Pfizer-BioNTech, Moderna, Novavax, (Janssen J&J - limited use), primary series + appropriate boosters

Additional Vaccines for Special Populations:

Pneumococcal¹	Indicated for patients with specific health problems (e.g., heart, liver, or lung disease, diabetes, sickle cell anemia, asplenia), taking medications that lower the body's resistance to disease, and with any history of asthma, or smoking
Meningococcal B¹	Individuals ages 16-23 may consider this after discussing it with their clinician. CDC also recommends the vaccine for others at risk from age 10 and up
Monkeypox	Indicated for at-risk patients; see https://www.cdc.gov/poxvirus/monkeypox/vaccines/vaccine-basics.html
Vaccines for travelers²	Typhoid, Japanese Encephalitis, Rabies, Yellow Fever, Meningitis, Cholera as indicated by destinations/activities/outbreaks/medical issues

- Centers for Disease Control and Prevention (CDC). (2021a). Immunizations schedules. <https://www.cdc.gov/vaccines/schedules/index.html>
- Centers for Disease Control and Prevention (CDC). (2021b). Traveler's health [/wwwnc.cdc.gov/travel](https://wwwnc.cdc.gov/travel).

What are your priorities?

Effectiveness?

- ❖ Vaccines keep you healthy so you can achieve your goals for school, work, vacations, and sports activities
- ❖ Adults are at risk: most hospitalizations, disabilities, and deaths from vaccine-preventable deaths are in adults³. If you have asthma, a pneumococcal vaccine can help prevent pneumonia – up until age 65.
- ❖ Vaccines protect pregnant women and their babies. Influenza and Tdap prevent complications from flu and pertussis (whooping cough), including pre-term labor and hospitalization³
- ❖ Sure, the HPV vaccine protects against cervical cancer and genital warts, but did you know it helps prevent many other types of cancer (penis, vagina, anus, cancer at the base of the tongue/tonsils)?⁴

Safety?

- ❖ The FDA, CDC, and other agencies monitor vaccine development at all stages, the law mandates rigorous safety protocols, and ongoing surveillance takes place after vaccine approval⁵
- ❖ Common side effects include pain, redness, swelling at the injection site, a low-grade fever, headache, body aches, chills. Some people also faint – so we have them lie down. Serious side effects are rare⁶.

Cost?

- ❖ Currently, the Affordable Care Act covers the cost of routine vaccines; travel vaccines are often not covered by insurance. The financial cost of illness from typhoid fever or other serious travel illnesses can reach thousands, and the personal costs are even greater. If you have upcoming international travel, schedule a Travel Clinic visit today. Ideally, you want a pre-travel consultation at least six weeks before the trip.
- ❖ You can have a free flu shot here today. If you have Cardinal Care, you can get your other routine vaccines here in the Allergy and Immunization Clinic – you can schedule that today. **If you have outside insurance, the vaccines should still be covered but not at Vaden. Contact your insurance provider; they will usually refer you to any local drug store such as Walgreens or CVS.**

Do you have further questions? See your clinician.

3. Immunization Action Coalition (IAC). (2020a). Adult immunizations: The importance of staying up to date. <https://www.immunize.org/catg.d/p4033.pdf>
4. Immunization Action Coalition (IAC). (2020b). HPV Vaccine: A guide for adults ages 18-26 years. <https://www.immunize.org/catg.d/p4251.pdf>
5. US Department of Health and Human Services (HHS). (2021a). Vaccine safety. <https://www.hhs.gov/immunization/basics/safety/index.html>
6. US Department of Health and Human Services (HHS). (2021b). Vaccine side effects. <https://www.hhs.gov/immunization/basics/safety/side-effects/index.html>