**Recommended Vaccines: Are You Up to Date?**

**Routine Immunizations - evidenced-based national recommendations¹**

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| **Tetanus, Diphtheria: Td**  **(or Tetanus, Diphtheria, Pertussis: Tdap)** | Primary series plus booster dose within last ten years, sooner if no recent Pertussis booster dose. | If you are a medical or physician assistant student, a Tdap must have been given within the past 10 years. |
| **Hepatitis A Series** | 2 shots at least six months apart through age 18, for travelers and other adults 19 and up | Highly recommended for students who will be traveling. |
| **Hepatitis B Series** | 2 or 3 shot options available (if high risk may need additional shots). | If you are a medical or physician assistant student, Stanford requires written documentation of one of the following:  Proof of a two- or three-dose Hep B series, or laboratory evidence of antibodies |
| **Measles, Mumps, Rubella: MMR** | 2 shots | If you were born after 1956, Stanford requires written documentation of one of the following:  Proof of two doses of MMR at least 28 days apart after 12 months of age, or laboratory evidence of antibodies (requires a separate blood titer for each). |
| **Varicella (Chicken Pox)** | If no evidence of the previous infection, 2 shots | If you are a medical or physician assistant student, Stanford requires written documentation of one of the following:  Proof of two doses of Varicella vaccine, or laboratory evidence of antibodies. |
| **Influenza** | 1 shot or nasal spray every fall as formulation varies |  |
| **Polio Series** | Primary series (up to age 17) – sometimes booster for travel | It is highly recommended that you complete an initial series. |
| **HPV (Gardasil) Series** | 2 shots before age 15 or 3 shots (up to age 45) |  |
| **Meningococcal Vaccine ACWY** | 2 shots before age 18 and college frosh if not completed, as well as others at risk |  |
| **COVID19 - Yearly in the fall with influenza vaccine** | Pfizer-BioNTech, Moderna, Novavax, others under development.  Appropriate boosters | If you are a medical or physician assistant student, you must meet the current Covid requirement for Stanford healthcare workers. |

**Additional Vaccines for Special Populations:**

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| **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> |
| **Shingles (Varicella Zoster)** | Recommended for immunosuppressed (19 and above) |
| **Vaccines for travelers2** | Additional [travel specific vaccines](https://wwwnc.cdc.gov/travel) indicated by destinations/activities/outbreaks/medical issues |

1. Centers for Disease Control and Prevention (CDC). (2021a). Immunizations schedules. <https://www.cdc.gov/vaccines/schedules/index.html>
2. 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 but **are currently covered for students with Cardinal Care**. 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 are likely covered but not at Vaden. Contact your insurance provider; they will usually refer you to any local drug store such as Walgreens or CVS. Students with Kaiser should get all their vaccines there as routine and travel vaccines are covered.**

*Do you have further questions? See your clinician.*

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