

CDC Updates Vaccine Guidelines

The Advisory Committee on Immunization Practices, the advisory panel of the U.S. Centers for Disease Control and Prevention has released its 2017 advisory for recommended vaccines for adults. Clinicians use the annually updated vaccination schedule to determine which vaccines are needed for their patients based on age, medical condition and risk factors.

Some of major changes include:

- No more nasal flu vaccine. Studies have found the FluMist, which is made from a weakened live virus, is mostly ineffective.
- Flu vaccine for people with egg allergies. Egg allergic people, whether they have a mild or more serious allergy, can receive any age appropriate flu vaccine. The new guidelines state that even people who develop lightheadedness, swelling or breathing difficulties may get any type of flu shot, but they should get the shot under supervision of a health care provider.
- HPV vaccine for adolescents. Children who receive their first dose of HPV vaccine before age 15 and the second dose at least five months later may be vaccinated in just two doses instead of 3.
- New advice for people who are HIV positive. Adults with HIV should receive a two dose series of MenACWY. This meningococcal vaccines protects against a deadly bacterial infection of the spinal cord and brain.
- Hepatitis B for adults with chronic liver disease. People infected with the Hepatitis C virus along with other chronic liver diseases should receive the Hepatitis B vaccine series. This includes people with cirrhosis, fatty liver disease, alcoholic liver disease, autoimmune hepatitis and those with elevated levels of certain liver enzymes.

U.S. adult immunizations traditionally have fallen short of recommended levels. Only 20% of adults 19 years and older have received a Tdap vaccine which protects against tetanus, diphtheria and pertussis (whooping cough), according to the CDC.

For more information regarding recommended vaccines for the family, visit the CDC's website at www.cdc.org. You can also contact Lisa Bohrer, R.N.,BC, vaccine specialist for Pharmicare at 301-689-2909.

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