

4 VACCINES YOU DIDN'T KNOW YOU NEEDED



Stewie's
Shares

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Antimicrobial Memo
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Vaccines are preventative measures we can take to keep ourselves healthy well into adulthood. Familiarize yourself with these specific vaccines which may benefit a family member, patient, or yourself!



1 Meningococcal B Vaccine (Bexsero & Trumenba)

Prevents meningitis and blood infections due to *Neisseria meningitidis* serotype B, which has caused many infectious outbreaks on US college campuses.

College-age patients ages 16-23 years, patients ≥ 10 years old with rare immune disorders or asplenia, and microbiologists should receive this vaccine in addition to the standard meningococcal vaccines (Menactra, Menveo) to prevent this infection.

3 Human Papillomavirus Vaccine (Gardasil)

Prevents cancer of the cervix, vagina, vulva, penis, anus, and oropharynx in both men and women caused by Human Papillomavirus (HPV). HPV causes 91% of cervical cancers and 40-60% of oropharyngeal cancers.

Girls and boys should receive this vaccine between 9-11 years old. Men and women who have not received prior may get this vaccine up to age 45 years following discussion with their provider.

2 Shingles Vaccine (Shingrix)

Prevents painful reactivation of the chicken pox virus which remains in your body after chicken pox goes away. This is known as shingles. The vaccine prevents pain that lingers on the nerve endings even with the rash resolves.

All adults ≥ 50 years should receive Shingrix, even if they previously received an older vaccine called Zostavax because Shingrix is more effective.

4 Pneumococcal Polysaccharide Vaccine (Pneumovax-23)

Provides extra coverage for infections caused by *Streptococcus pneumoniae*, which causes meningitis, pneumonia, sinusitis and blood infections.

Given in certain populations in addition to the standard pneumococcal vaccine (Pneumovax-23). Patients ≥ 65 years, certain patients ≥ 2 years with chronic diseases (ex. lung or heart disease) or weakened immune systems, and patients ≥ 19 years who smoke should receive this vaccine.

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Guest author, Cindy Olson-Burgess, RN, CIC, retired with 40+ years of CM service and still participates on three immunization committees!