

# ARE YOU PROTECTED?



IMMUNIZATIONS,  
YOU  
AND  
YOUR PHARMACIST

# PHARMACIST VACCINATING

- CURRENTLY OVER 970 MARYLAND PHARMACISTS ARE LICENSED TO PROVIDE PATIENTS WITH INFLUENZA, PNEUMOCOCCAL, AND ZOSTER (SINGLES) VACCINE

MARYLAND BOARD OF PHARMACY. JUNE/JULY 2010

# WHAT IS A VACCINE?

- A VACCINE (OR IMMUNIZATION) WORKS WITH YOUR BODY'S IMMUNE SYSTEM TO PREVENT INFECTION
- A VACCINE IS INTRODUCED TO YOUR BODY
- THE VACCINE CAUSES YOUR IMMUNE SYSTEM TO PRODUCE ANTIBODIES, A SUBSTANCES THAT DISABLES OR DESTORYS ABACTERIA OR VIRUS

<http://www.medterms.com?definition> of vaccination.

# INFLUENZA

- 5-20 PERCENT OF THE US POPULATION WILL DEVELOP THE FLU EACH YEAR
- ON AVERAGE 226,000 HOSPITALIZATIONS A YEAR ARE DUE TO THE FLU OR FLU RELATED ILLNESS
  - 63% OF THESE ARE IN PATIENTS 65 YEARS AND OLDER
- ANNUALLY 36,000 DEATHS OCCUR DUE TO THE FLU OR FLU RELATED ILLNES
  - 90% OF FLU RELATED DEATHS ARE PATIENTS 65 YEARS AND OLDER

# WHAT IS THE FLU?

- THE FLU IS A VIRUS THAT INFECTS THE RESPIRATORY TRACT
  - POSSIBLE SYMPTOMS INCLUDE:
    - FEVER
    - CHILLS
    - BODY ACHES
    - FATIGUE
    - STUFFY OR RUNNY NOSE
    - HEADACHES
    - COUGH
    - DIARRHEA OR VOMITING

# HOW DO I GET THE FLU?

- CONTACT WITH INFECTED RESPIRATORY DROPLETS FROM EITHER A COUGH OR SNEEZE
- EXPOSURE TO THE VIRUS FROM TOUCHING THE DROPLETS, TOUCHING OBJECTS WITH THE DROPLETS ON THEM OR THROUGH THE AIR
- DROPLETS MAY TRAVEL UP TO 3 FEET WHEN A PERSON SNEEZES OR COUGHS

# WHEN AND WHO SHOULD GET THE FLU SHOT?

- THE ADVISORY COMMITTEE FOR IMMUNIZATION PRACTICES RECOMMENDS EVERYONE 6 MONTHS AND OLDER GET THE FLU SHOT UNLESS YOU HAVE A CONTRAINDICATION (SEE YOUR PHARMACIST OR HEALTHCARE PROVIDER FOR MORE INFORMATION)

[WWW.CDC.GOV](http://WWW.CDC.GOV) SEASONAL INFLUENZA

# I'M AFRAID OF NEEDLES

- THERE ARE TWO FORMS OF THE FLU VACCINE AVAILABLE :
  - THE INJECTIBLE FORM KNOWN AS  
“THE SHOT  
AND  
-THE NASAL SPRAY

# CAN ANYONE GET THE NASAL SPRAY?

- NO. THE NASAL SPRAY IS LIMITED TO THOSE AGES 2-49 YEARS OF AGE
- INDIVIDUALS SHOULD NOT HAVE ANY CHRONIC MEDICAL CONDITIONS SUCH AS ASTHMA, COPD OR DIABETES (SEE YOUR PHARMACIST OR HEALTH CARE PROVIDER FOR A COMPLETE LISTING)

# CAN I GET THE FLU FROM THE FLU SHOT?


- NO. NEITHER THE FLU SHOT NOR THE NASAL VACCINE CAN CAUSE THE FLU
- HOWEVER, DEPENDING ON WHICH VACCINE YOU RECEIVE THERE MAY BE A TWO WEEK PERIOD WHERE YOU ARE NOT PROTECTED CALLED AN “INCUBATION” PERIOD
- DURING THE INCUBATION PERIOD YOUR BODY'S IMMUNE SYSTEM IS BUILDING UP DEFENSES AGAINST THE FLU VIRUS

# HOW OFTEN DO I GET A FLU SHOT?

- YOU SHOULD GET YOUR FLU SHOT  
EVERY YEAR!!!!

# WHY DO I NEED TO GET A FLU SHOT EVERY YEAR?

- EACH YEAR THE FLU VIRUS UNDERGOES CHANGES CALLED MUTATIONS
- THESE MUTATIONS MAKE THE VIRUS ABLE TO INFECT HUMANS BETTER
- DUE TO THESE MUTATIONS THE VACCINE IS CHANGED EACH YEAR TO BETTER FIGHT THE FLU



# DO I NEED TO GET A TWO SHOTS THIS YEAR; AN H1N1 AND A SEASONAL FLU SHOT?

- NO. THIS YEAR THE H<sub>1</sub>N<sub>1</sub> AND SEASONAL FLU WILL BE COMBINED IN A SINGLE DOSE

# THIS IS THE FIRST YEAR MY CHILD WILL GET THE FLU SHOT, HOW MANY DOSES WILL (S)HE RECEIVE?

- IF YOUR CHILD IS UNDER THE AGE OF 8, THE FIRST YEAR (S)HE RECEIVE THE FLU VACCINE THEY WILL RECEIVE 2 DOSES
- THESE DOSES WILL BE GIVEN 4 WEEKS APART

Pharmacy Based Immunization Delivery. March 2010. American Pharmacist Association

# MY CHILD IS UNDER 8 AND HAS HAD THE FLU SHOT BEFORE, HOW MANY SHOTS DO (S)HE NEED?

- IF YOUR CHILD IS STILL UNDER THE AGE OF 8 AND ONLY HAD ONE SHOT, THIS YEAR (S)HE WILL RECEIVE TWO SHOTS, 4 WEEKS APART
- IF YOUR CHILD ALREADY HAS HAD TWO SHOTS IN ONE YEAR, THEN (S)HE WILL ONLY RECEIVE ONE SHOT

# MY CHILD IS OLDER THAN 8 HOW MAY SHOTS DOES (S)HE NEED?

- ONE
- EVEN IF YOUR CHILD HAS NEVER HAD THE FLU VACCINE (S)HE WILL ONLY RECEIVE ONE DOSE A YEAR

Pharmacy Based Immunization Delivery. March 2010. American Pharmacist Association

# PNEUMOCOCCAL

- PNEUMOCOCCAL RELATED DEATHS ARE THE LEADING CAUSE OF DEATH FOR ALL VACCINE PREVENTABLE ILLNESS<sup>1</sup>
- AN ESTIMATED 60,000 INDIVIDUALS WILL DIE EACH YEAR FROM PNEUMOCOCCAL DISEASE AND RELATED ILLNESS<sup>2</sup>

1. Pharmacy Based Immunization Delivery. March 2010. American Pharmacist Association

2. [WWW.IMMUNIZE.ORG/](http://WWW.IMMUNIZE.ORG/)

# WHAT IS PNEUMOCOCCAL DISEASE?

- PNEUMOCOCCAL DISEASE IS A BACTERIA INFECTION
- INFECTIONS INCLUDE:
  - OTITIS MEDIA
  - BACTEREMIA
  - MENINGITIS
  - PNEUMOCOCCAL PNEUMONIA

# HOW DO I GET PNEUMOCOCCAL DISEASE?

- CONTACT WITH INFECTED RESPIRATORY DROPLETS FROM EITHER A COUGH OR SNEEZE<sup>1</sup>
- TOUCHING THE DROPLETS, TOUCHING OBJECTS WITH THE DROPLETS ON THEM OR THROUGH THE AIR<sup>1</sup>
- YOU MAY BE INFECTED AT ANY TIME OF THE YEAR<sup>2</sup>

1. [WWW.CDC.GOV](http://WWW.CDC.GOV)

2. Pharmacy Based Immunization Delivery. March 2010. American Pharmacist Association

# WHO'S AT RISK?

- THOSE WHO SMOKE
- THOSE WITH ASTHMA  
OR OTHER RESPIRATORY CONDITIONS
- INDIVIDUALS 65 YEARS AND OLDER
- THOSE WITH CHRONIC MEDICAL CONDITIONS  
(SEE YOUR PHARMACIST OR HEALTH CARE  
PROVIDER FOR MORE INFORMATION)

[WWW.IMMUNIZE.ORG/](http://WWW.IMMUNIZE.ORG/)

# I SMOKE OR HAVE ASTHMA, WHEN SHOULD I GET THE PNEUMOCOCCAL VACCINE?

- THE CENTERS FOR DISEASE CONTROL ADVISES ANY INDIVIDUAL TO GET A SINGLE DOSE OF PNEUMOCOCCAL VACCINE UNLESS CONTRAINDICATED (SEE YOUR PHARMACIST OR HEALTHCARE PROVIDER FOR MORE INFORMATION)
- THIS DOSE DOES NOT NEED TO BE REPEATED UNTIL YOU ARE 65 YEARS OF AGE OR OLDER

[WWW.IMMUNIZE.ORG/](http://WWW.IMMUNIZE.ORG/)

# I AM 65 YEARS OR OLDER, WHAT ARE THE RECOMMENDATIONS FOR ME?

- ALL INDIVIDUALS OVER THE AGE OF 65 SHOULD RECEIVE A SINGLE DOSE OF PNEUMOCOCCAL VACCINE UNLESS CONTRAINDICATED (SEE YOUR PHARMACIST OR HEALTHCARE PROVIDER FOR MORE INFORMATION)

[WWW.IMMUNIZE.ORG/](http://WWW.IMMUNIZE.ORG/)

# I HAD A PNEUMOCOCCAL VACCINE BEFORE I TURNED 65, DO I NEED ANOTHER DOSE?

- YES
- DOSES SHOULD BE AT LEAST 5 YEARS APART.
- THE SECOND DOSE SHOULD NOT BE GIVEN UNTIL YOU HAVE TURNED 65

[WWW.IMMUNIZE.ORG/](http://WWW.IMMUNIZE.ORG/)

# SHINGLES (ZOSTER)

- SHINGLES IS A VIRAL INFECTION
- MOST COMMON IN INDIVIDUALS 50 YEARS AND OLDER
- ALSO IN PATIENTS TAKING MEDICATIONS OR WHO HAVE A CONDITION THAT WEAKENS THE IMMUNE SYSTEM

# WHAT IS SHINGLES?

- SHINGLES, VARICELLA ZOSTER VIRUS, IS CAUSED BY THE SAME VIRUS KNOWN TO CAUSE CHICKENPOX INFECTIONS
- AFTER HAVING CHICKEN POX THE VIRUS WILL REMAIN IN YOUR NERVE CELLS
- SHINGLES OCCURS WHEN THE VIRUS CAUSES A BLISTERED SKIN RASH

[WWW.CDC.GOV](http://WWW.CDC.GOV) SHINGLES VACCINATION.

# HOW LIKELY AM I TO GET SHINGLES?

- OVER ½ OF ALL INDIVIDUALS LIVING TO AGE 85 OR OLDER WILL DEVELOP SHINGLES

[WWW.IMMUNIZE.ORG/](http://WWW.IMMUNIZE.ORG/)

# WHEN SHOULD I GET THE SHINGLES VACCINE?

- INDIVIDUALS 60 AND OLDER
- YOU SHOULD RECEIVE ONE SHOT, UNLESS CONTRAINDICATED (SEE YOUR PHARMACIST OR HEALTHCARE PROVIDER FOR MORE INFORMATION)
- AS WE AGE OUR IMMUNE SYSTEMS WEAKEN, SO INDIVIDUALS SHOULD RECEIVE THE SHOT AS EARLY AS POSSIBLE FOR BEST PROTECTION

[WWW.CDC.GOV](http://WWW.CDC.GOV)

# I HAVE HAD OR HAVE A SHINGLES OUTBREAK, DO I NEED THE VACCINE?

- YES
- THE VACCINE WILL NOT TREAT A CURRENT ACTIVE EPISODE OF SHINGLES
- HOWEVER THE VACCINE WILL HELP FOR FUTURE OUTBREAKS

# WHAT SHOTS DOES MY INFANT OR CHILD NEED?

- HEPATITIS B
- ROTAVIRUS
- DIPHTHERIA, TETANUS, PERTUSSIS
- HAEMOPHILUS INFLUENZAE TYPE B
  - PNEUMOCOCCAL
    - INFLUENZA
  - MEASLES, MUMPS, RUBELLA
    - VARICELLA
    - HEPATITIS A
  - MENINGOCOCCAL

# WHAT SHOTS DOES MY TEEN NEED?

- TETANUS, DIPHTHERIA, PERTUSSIS
  - HUMAN PAPILLOMAVIRUS
    - MENINGOCOCCAL
      - INFLUENZA
      - PNEUMOCOCCAL
      - HEPATITIS A
      - HEPATITIS B
    - INACTIVATED POLIO
  - MEASLES, MUMPS, RUBELLA
    - VARICELLA

# I'M A ADULT, WHAT SHOTS DO I NEED?

- TETANUS, DIPHTHERIA
- TETANUS, DIPHTHERIA, PERTUSSIS
  - VARICELLA
  - PNEUMOCOCCAL
    - ZOSTER
    - HEPATITIS A
    - HEPATITIS B
    - MEASLES
  - MENINGOCOCCAL
    - INFLUENZA



# WE ARE HERE FOR YOU

- Talk to your local pharmacist or health care provider for information on your immunization needs

THIS PRESENTATION WAS  
BROUGHT TO YOU BY:



MPHA

MARYLAND PHARMACISTS ASSOCIATION

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