

## **Adult Vaccinations & Consideration of Risk for College and University Students\***

### **Hepatitis A (series of 2)**

Hepatitis A is a serious liver disease that can spread from person to person, or by consuming contaminated food or water. Persons who fall in the following categories are considered high risk to develop Hepatitis A:

1. Individuals who have occupational risk and may contact infected feces such as day care workers, laboratory technicians, hospital or nursing care facilities
2. International travelers who may be exposed to contaminated food sources
3. Persons who use illegal drugs or have chronic liver disease
4. Men who have sex with men

### **Hepatitis B (series of 3)**

Hepatitis B is a serious disease that can lead to permanent liver damage, liver cancer, cirrhosis and death. Persons can develop the disease when they come in contact with infected blood or other bodily fluids. Contact can occur in several ways including sexual transmission, tattooing and body piercing. High risk factors for Hepatitis B include:

1. International travel
2. Sexual partners of Hepatitis B positive persons
3. Individuals who seek medical care for sexually transmitted infection or those with HIV
4. Individuals who may come in contact with blood because of their occupation
5. Residents of sites such as correctional facilities and those for the developmentally disabled

### **Hepatitis A & B Combination (Twinrix series of 3)**

This vaccine protects you against both Hepatitis A & B. See risks for both diseases above.

### **HPV (Gardasil) (series of 3)**

Human Papillomavirus (HPV) is a sexually transmitted virus that can cause cervical cancer in women. Gardasil is also available to men for the prevention of genital warts. This vaccine is available at the Auraria Immunizations Clinic to young adults between the ages of 18 and 25. Research shows that risk to develop HPV is directly related to behaviors which include:

1. Sexual activity younger than 25
2. Lack of condom use
3. Use of oral contraceptives

4. Smoking
5. The number of sexual partners and pregnancies
6. Males who are uncircumcised

### **Pneumococcal (Pneumonia)**

The Pneumococcal germ is spread from person to person through coughing and sneezing and causes a dangerous disease that can affect the lungs, blood or brain. Persons who are 19 years of age or older with one or more risk factors listed below should receive the Pneumococcal vaccine.

1. Have respiratory disease such as Asthma
2. Compromised immune system
3. HIV infection
4. Individuals with no or failing spleen
5. Cochlear implant patients

### **Influenza (Flu)-Limited supply available each year during flu season**

Influenza is a serious respiratory illness spread person to person through coughing and sneezing. Persons who have chronic health conditions such as Asthma or conditions that could worsen if a person develops influenza should consider receiving the Flu vaccine. Others at high risk include:

1. Women who are pregnant or will become pregnant during influenza season
2. Students
3. International Travelers
4. Residents of long-term care facilities or congregate settings
5. Persons 50 and older
6. Health care and emergency workers
7. Care providers for those at risk

### **Measles, Mumps and Rubella (MMR combination vaccine series of 2)**

Measles is a contagious disease spread through coughing and sneezing and can cause a high fever and rash. Mumps is spread by coughing and sneezing and causes swollen glands and jaws. This can result in deafness, brain damage and inflammation of the heart muscle. Rubella (German measles) is a viral disease spread through cough and sneezing. Rubella is generally a mild disease, but women who are pregnant and develop rubella may experience miscarriage, premature birth or birth defects of the infant.

Individuals considered at high risk to contract Measles, Mumps or Rubella include:

1. College students
2. Persons with occupational exposure and work in Healthcare
3. International Travelers

## **Meningococcal (Bacterial Meningitis)**

Meningococcal disease is a rare but extremely dangerous illness caused by bacteria that infects the bloodstream, brain and/or spinal cord which can lead to death. It is spread through coughing, kissing, sharing drinking glasses or utensils. The onset can be rapid and immediate medical care is essential. According to the Centers for Disease Control and Prevention (CDC) those at highest risk to develop Meningitis include:

1. College freshmen
2. Individuals who travel to areas where N. meningitides is epidemic such as sub-Saharan Africa
3. Military members
4. Persons who work in laboratories where they routinely are exposed to N. meningitides
5. Individuals with non functional spleens or with complement component deficiency

## **Tdap (Tetanus, Diphtheria and Acellular Pertussis)**

Tetanus is an often fatal bacterial disease that may result in severe muscle spasms. The bacteria lives in soil and intestines of many animals and enters the body through cuts, puncture wounds, splinters, animal bites, tattoos and body piercing. Tetanus cannot be passed from person to person. Diphtheria is spread from person to person and is caused by bacteria that attack the tonsils, throat, voice box and/or nose. Pertussis (whooping cough) is a highly contagious bacterial disease that causes respiratory distress. It is spread through coughing and sneezing.

Tetanus routine recommendation is to be vaccinated once every 10 years or sooner if you sustain an injury and determined by a physician. In 2010 specific recommendations related to an increased incidence of adult pertussis in the United States include:

1. Adults between 19 and 64 who received Td more than 5 and less than 10 years ago
2. All adults if they have had no Tdap and they need protection against pertussis
3. Adults who have close contact with infants and children
4. Health care personnel (Interval as short as 2 years from last Td)
5. All women who may become pregnant or are in the immediate postpartum period

\*Note the information in this document considers risk related to persons in a college or university setting. When reviewing your personal risk you must consider if you live in congregate settings such as with roommates or participate in team activities where you may be exposed to bacteria from bodily fluids or spewed from individuals coughing or sneezing. Where vaccine may be recommended for specific age groups (college freshmen), you should consider if you participate with these groups regardless of meeting the recommendation related to age; such as coaches traveling with teams or instructors mentoring small study groups. Additionally, if you have chronic health conditions which could worsen if you contract a vaccine preventable disease you should consult your physician to evaluate your personal risk. To learn specific adult recommendations from the CDC, go to the PDF titled "MMWR 2010 Recommended Adult Immunization Schedule".