



# Office of Ombudsman for Mental Health and Developmental Disabilities

## Immunization Alert



This Medical Alert is based on the work of the Medical Review Subcommittee and should be posted prominently. The Office of Ombudsman for Mental Health and Developmental Disabilities works to improve the services provided to people with disabilities by communicating important information found in the Medical Review Subcommittee's reviews of deaths and serious injuries. Thank you for promptly reporting deaths and serious injuries. You are helping us to meet our mission.

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This alert is intended to serve as a reminder for the clients of the Ombudsman for Mental Health and Developmental Disabilities, their families, and staff, to **check with the client's primary care provider and verify that the client has received all of the recommended vaccinations.**

### Background

According to the Minnesota Department of Health:

"Some people call them immunizations. Others call them vaccinations or shots. Whatever you call them, immunizations are one of the best weapons we have against a number of serious diseases."

### Vaccines for Infants, Children and Adolescents

The Minnesota Department of Health's website has detailed recommendations regarding vaccinations depending on age and other health risk factors. Up through the age of 18, children should receive vaccinations for the following diseases:

- Hepatitis B – at birth, 1-2 months after the first shot, & at 6-18 months; OR between 4-12 years - 3 shots if the child did not previously get shots.
- Diphtheria, tetanus, and pertussis (DTP) – at 2, 4, 6 months, at 15-18 months, & at 4-6 years; then Tdap at 11-12 years.
- Polio – at 2, 4, 6-18 months, & 4-6 years.
- Measles, mumps, rubella (MMR) – at 12-15 months and 4-6 years.
- *Haemophilus influenzae* type b (Hib) – at 2, 4 & 6 months, and at 12-15 months.
- Varicella (Chickenpox) – at 12-18 months & at 4-6 years; at 11-16 years - 2 shots if no previous shots or if the child never had chickenpox.
- Pneumococcal vaccine (PCV) – at 2, 4, 6, and 12-15 months.
- Hepatitis A – at 12-18 months 2 shots at least 6 months apart.
- Meningococcal conjugate (MCV) – at 11-12 years & at 16 years.
- Rotavirus – at 2, 4 & 6 months.
- Human Papillomavirus (HPV) – at 11-12 years – 3 shots at 0, 2, and 6 month intervals.
- **Influenza:** All children ages 6 months through 18 years should get a yearly flu vaccination in the fall — especially those with risk factors like asthma and diabetes. If a child is younger than 9 years old and is receiving flu vaccine for the first time, they need 2 shots at least 4 weeks apart.

## Vaccines for Adults

The following vaccines may be recommended by the client's primary care provider and are listed by the CDC under its Adult Immunization Schedule:

### Vaccines needed for adults

- Hepatitis A vaccines (for adults at risk) – 2 doses, 6-18 months apart. (Consult your healthcare provider to determine your level of risk of infection and your need for this vaccine.)
- Hepatitis B vaccines (for adults at risk) – 3 doses, usually over 6 months. (Consult your healthcare provider to determine your level of risk of infection and your need for this vaccine.)
- Human papillomavirus (HPV) – for women age 26 years or younger or a man age 21 or younger. For men 22 through 26 with a risk condition or any other man age 22 to 26 who wants to be protected from HPV. The vaccine is given in 3 doses over 6 months.
- Influenza vaccine (for the flu) – Recommended every fall (or winter) for your protection and for the protection of others around you.
- Measles-Mumps-Rubella (MMR) – One dose of MMR if you were born in 1957 or later. You may also need a 2<sup>nd</sup> dose. (Consult your healthcare provider to determine your level of risk of infection and your need for this vaccine.)
- Meningococcal (MCV4, MPSV4) – If you have one of several health conditions, or if you are 19-21 and a first-year college student living in a residence hall and you either have never been vaccinated or were vaccinated before age 16. (Consult your healthcare provider to determine your level of risk of infection and your need for this vaccine.)
- Pneumococcal vaccine (PPSV23, PCV13) – You need 1 dose of PPSV23 at age 65 years (or older) if you've never been vaccinated or you were previously vaccinated at least 5 years ago when you were younger than age 65 years. You also need 1–2 doses if you smoke cigarettes or have certain chronic health conditions. Some adults with certain high risk conditions also need vaccination with PCV13. Talk to your healthcare provider to find out if you need this vaccine.
- **Tetanus, diphtheria, whooping cough/pertussis (Tdap, Td) – All adults need to get a 1-time dose of Tdap vaccine (the adult whooping cough vaccine). After that, you need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-containing shots sometime in your life or have a deep or dirty wound.**
- Varicella (chicken pox) vaccine – If you've never had chickenpox or were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.
- Zoster (shingles) – If you are 60 years or older, you should get a 1-time dose of this vaccine now.

**Are you planning to travel outside the United States?** If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) provides information to assist travelers and their healthcare providers in deciding which vaccines, medications, and other measures are necessary to prevent illness and injury during international travel. Visit CDC's website at <http://wwwnc.cdc.gov/travel/> or call 800-CDC-INFO (800-232-4636). You may also consult a travel clinic or your healthcare provider.

Before receiving a vaccine, let the medical practitioner know if the individual has a fever, diarrhea, allergies, or other physical symptoms. Ask the medical practitioner which post vaccination symptoms are normal and which need medical attention. Monitor the vaccine recipient for possible post vaccination symptoms and know when to contact the health care provider.

## Resources

Good websites are available. Beware of those that present an anti-vaccine bias. The following websites provide reliable and continuously updated information:

**Centers for Disease Control** <http://www.cdc.gov/vaccines/> - Immunization Schedules, Basic and Common Questions, Recommendations, Vaccines and Preventable Diseases, and much more.

**Immunization Action Coalition** [www.immunize.org](http://www.immunize.org) - Includes links to Vaccine Information Statements, the **Vaccine Administration Record for Adults**, and Diseases and Vaccine information.

**Minnesota Department of Health** [www.health.state.mn.us/immunize](http://www.health.state.mn.us/immunize) - “Got Your Shots?” Main Page Immunization Laws, Vaccine Safety, and much more.

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