

VACCINE

date of vaccination DD/MM/YY

next vaccination DD/MM/YY

PCV13	/ /	/ /
Pneumo23	/ /	/ /
Hib	/ /	/ /
Hep A	/ /	/ /
Hep B	/ /	/ /
Varicella	/ /	/ /
MMR	/ /	/ /
Influenza	EVERY YEAR	
Td	EVERY TEN YEARS	
	/ /	/ /
	/ /	/ /
	/ /	/ /
Other	/ /	/ /
	/ /	/ /

RECOMMENDED



Haemophilus influenzae type b (Hib)

The Hib vaccine protects against infection from the bacteria *Haemophilus influenzae* type b (Hib). Despite its name, this disease is not the same as *influenza* (flu). Hib is a bacteria that can lead to a severe infection. While complications from this bacteria are higher in HIV positive individuals compared to the general population, the number of cases is quite low because of vaccination.

SIDE EFFECTS

May include soreness, redness and swelling where the vaccine was given. Some may experience a fever.

HOW YOU GET IT

Spread from one person to another by coughing, sneezing, face-to-face contact, and saliva when people kiss, or share food or drinks.

BRAND NAMES

Act-HIB®

DOSES **1** TOTAL COST **FREE**

RECOMMENDED



Tetanus and Diphtheria

The Tetanus and Diphtheria Vaccine (Td) protects against 2 diseases: **Tetanus**, also known as lockjaw, is caused by bacteria mostly found in the soil. **Diphtheria** is a serious infection of the nose and throat caused by diphtheria bacteria.

SIDE EFFECTS

Common reactions to the vaccine may include soreness, redness and swelling where the vaccine was given.

HOW YOU GET IT

Tetanus bacteria enters the skin through a cut or scrape, and produces a poison that can cause painful tightening of muscles. **Diphtheria** is spread through the air by people sneezing or coughing or by direct skin-to-skin contact.

BRAND NAMES

Td Adsorbed

BOOSTER DOSES EVERY **10YRS** TOTAL COST **FREE**

ASK YOUR CARE PROVIDER



Human Papillomavirus (HPV)

This vaccine helps protect against infection from certain strains of HPV. These infections can cause cervical cancers, anal cancers and other cancers such as mouth, throat, penis, vagina and vulva. HIV positive individuals are at higher risk of developing complications from HPV infection. High risk males up to and including 26 years of age can receive the HPV vaccine (Gardasil®) for free. This includes HIV positive males. Talk to your health care provider to determine if you qualify for a free HPV vaccine.

SIDE EFFECTS

May include soreness, redness and swelling where the vaccine was given, fatigue, muscle, head or joint ache.

HOW YOU GET IT

HPV is one of the most common sexually transmitted infections (STIs). Sexual intercourse is not necessary to get infected. HPV is more common among gay, bisexual, or other men who have sex with men.

BRAND NAMES

Gardasil® Cervarix® (women only)

DOSES **3** TOTAL COST **FREE or \$450**

ASK YOUR CARE PROVIDER



Varicella (Chickenpox)

Chickenpox is an infection caused by the varicella-zoster virus. Infection and resulting complications in adults and people with weakened immune systems can be very serious.



MMR

The MMR vaccine protects against measles, mumps, and rubella. Measles causes fever, rash, cold-like symptoms and red, inflamed eyes that can be sensitive to light. Mumps causes fever, headaches, and swelling of the salivary glands and cheeks. Rubella can cause serious complications and birth defects in an unborn baby.



Zoster (Shingles)

Shingles is a painful skin rash caused by the varicella zoster virus. For HIV-infected individuals, the zoster vaccine is currently not recommended.

HIV+
RECOMMENDED VACCINES



NEW RECOMMENDATION*

RECOMMENDED

FAQs

RECOMMENDED

RECOMMENDED

Influenza Vaccines

Pneumococcal Conjugate (PCV13)

The pneumococcal conjugate vaccine protects against 13 types of pneumococcal bacteria. Pneumococcus is a bacteria that can cause severe infections, such as pneumonia, meningitis, and blood infections. Pneumococcal conjugate vaccine provides added protection and is an important addition to the pneumococcal polysaccharide vaccine (PPV23).

Be sure to talk to your health care provider about this vaccine.

Pneumococcal Polysaccharide (PPV23)

The pneumococcal polysaccharide vaccine protects against 23 types of pneumococcal bacteria. Pneumococcus is a bacteria that can cause severe infections, such as pneumonia, meningitis, and blood infections. The second dose is given five years after the first.

HIV positive individuals are 35 times more susceptible to complications from pneumococcal bacteria, than HIV negative individuals.

HOW YOU GET IT

Pneumococcal bacteria is spread from one person to another by coughing, sneezing, face-to-face contact, and saliva when people kiss, or share food or drinks.

SIDE EFFECTS

May include soreness, redness and swelling where the vaccine was given. Fever may also occur.

BRAND NAMES
Prenar[®]13

DOSES **1** TOTAL COST **FREE**

BRAND NAMES
Pneumovax[®]23

DOSES **2** TOTAL COST **FREE**

How common are these diseases?

Many of these diseases are now rare in B.C. because of routine immunization programs. That is why it is important for you to get all your recommended vaccines.

How do vaccines work?

Vaccines contain small amounts of weakened or killed bacteria that helps your body make antibodies that can then recognize and destroy the virus or bacteria if you are exposed to it later.

Live vs Non-live vaccines?

Live vaccines or attenuated vaccines are made from a weakened part of a virus or bacteria. For most, live vaccines are very safe, but must be used with caution in people with weakened immune systems. Non-live or inactivated vaccines are made from viruses and bacteria that have been killed through physical or chemical processes. These vaccines cannot replicate or cause infection.

My viral load is undetectable, do I need vaccines?

Yes. Even with effective HIV treatment, people living with HIV are still at a higher risk of catching many of these infections. Vaccines are one of the safest and most effective ways to prevent infections.

To learn more about this and all your recommended vaccines visit:
www.immunizebc.ca

Hepatitis A

Hepatitis A (Hep A) is a virus that attacks the liver. The Hep A vaccine protects against hepatitis A infection and its complications such as permanent liver damage. Your immune system responds best to the vaccine when viral loads are undetectable and antibody levels are normal.

NOTE: The Twinrix[®] vaccine, which protects against both Hep A and Hep B, is not recommended for those with HIV because a higher dose of the Hep B vaccine is needed.

SIDE EFFECTS

May include soreness, redness and swelling where the vaccine was given. Headache, fatigue, fever, and stomach upset may also occur.

HOW YOU GET IT

You could get hepatitis A through contact with an infected person's stool. It can pass through food preparation, food or drinking water contaminated with sewage. It can also be spread by sexual contact.

BRAND NAMES

Havrix[®] - Vaqta[®] - Avaxim[™]

DOSES **3** TOTAL COST **FREE**

Hepatitis B

Hepatitis B (Hep B) is a virus that attacks the liver. Complications of the disease can include permanent liver damage, which can lead to liver cancer and death. Your immune system responds best to the vaccine when viral loads are undetectable and antibody levels are normal. People with HIV require a higher dose of the Hep B vaccine, and sometimes revaccination.

SIDE EFFECTS

May include soreness, redness and swelling where the vaccine was given. Some may experience a mild fever.

HOW YOU GET IT

Hepatitis B virus, like HIV, is spread from one infected person to another by contact with blood or body fluids, but is 50 to 100 times more infectious than HIV.

BRAND NAMES

Engerix[®]-B - RecombivaxHB[®]

DOSES **3** TOTAL COST **FREE**

Influenza (commonly referred to as the flu), is an infection of the upper airway caused by an influenza virus. The influenza vaccine is made to protect against strains of influenza viruses that health experts think will likely cause the flu during the year.

» Influenza vaccination is recommended every year

The inactivated influenza vaccine cannot give you the flu. There are many different types of viruses year-round that can cause flu-like symptoms that are commonly mistaken as the flu, but often these are not actually the influenza virus.

Influenza vaccines are a safe and effective way to help people stay healthy, prevent illness, and even save lives. The influenza virus can cause serious illness and even death in people with certain chronic health conditions. Influenza vaccines are the best protection against influenza illness and its complications.



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

