STAYING SAFE AFTER YOUR TRANSPLANT: VACCINES FOR ADULTS

Vaccines are an important way to help prevent infection after transplant. Always discuss your plans and questions about vaccines with your transplant team, to make sure you get the right vaccines at the right time. The following chart provides details about vaccines that are generally needed by transplant patients who are 18 years of age or older:

VACCINES	VACCINE SCHEDULE AND OTHER COMMENTS	DISEASE BEING PREVENTED
Influenza	Yearly vaccine Get the high-dose vaccine if available	Flu
Pneumococcal vaccine	1-2 doses, depends on type of vaccine Some people may need a booster shot; talk to your transplant team for personalized recommendations	Lung infection (pneumonia) caused by the bacteria *Streptococcus pneumoniae*
Hepatitis B vaccine	2 or 3 doses (depending on which type of vaccine is given) Can complete after transplant if not completed before transplant	Liver infection caused by the Hepatitis B virus, which can cause liver damage, and later on may lead to cancer.
Hepatitis A Vaccine	2 doses (sometimes combined with Hepatitis B) Can complete after transplant if not completed before transplant	Liver infection caused by the Hepatitis A virus, which can cause fever, diarrhea, vomiting, and turning yellow (jaundice)
Tdap (tetanus-diphtheria-acellular pertussis)	Once if not received pre-transplant Booster needed every 10 years. Also, booster during each pregnancy (check with your provider).	Tetanus is an infection that causes lockjaw. Diphtheria causes a severe throat infection. Pertussis is an infection that causes whooping cough.

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Sources: https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html
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Recombinant Zoster Vaccine	2 doses Given if age 19 or older	Shingles, a painful rash caused by the reactivation of varicella-zoster virus (VZV), the virus that causes varicella (chickenpox).
HPV (human papillomavirus) vaccine	3 doses Given if age 45 or younger	HPV is a virus that causes cervical cancer.
COVID-19 vaccine	Talk to your transplant team about current recommendations	COVID-19
RSV vaccine	Once If age 60 or older Also, during pregnancy (check with your provider)	Respiratory Syncytial Virus, which causes lung infection.
Meningococcal vaccine	Multiple doses Only for people at increased risk (people without a spleen, college students, travel to certain areas, certain rejection treatments) Speak to your transplant team to see if you need this	Meningitis, which is an infection of the tissue around the brain which may cause fevers and stiff neck.

You may need additional vaccinations if you plan on traveling to certain areas of the world. Make sure you speak to your transplant team about any special vaccines you may need before traveling abroad. Power2Save also has information sheets about preparation before travel, food safety, water safety, and insect bites.

You should **NOT** get any live vaccines after a transplant. Always make sure the vaccines you are given are **NOT** live. The following vaccines are live and **should be avoided** after your transplant.

- 🚫 Varicella (chickenpox) vaccine
- 🚫 MMR (measles-mumps-rubella) vaccine
- 🚫 Yellow Fever vaccine
- 🚫 Oral typhoid vaccine

For more details on staying safe after transplant, visit:
https://www.myast.org/uploads/files/general/Safe-Living-After-Transplantation_FINAL.pdf

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