

MAINE IMMUNIZATION PROGRAM UPDATE NOVEMBER 2016



Maine Center for Disease
Control and Prevention
An Office of the
Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

US CDC Recommends Two HPV Shots for Younger Adolescents

US CDC now routinely recommends two doses of the HPV vaccine between the ages of 11-12 years to prevent HPV cancers. This recommendation makes it easier for parents to protect their children by reducing the number of shots and trips to the doctor. The HPV vaccination is an important cancer prevention tool and two doses of HPV vaccine will provide safe, effective and long-lasting protection when given at the recommended ages of 11 and 12 years. Some of the specifics of the recommendation include:

- The first HPV vaccine dose is routinely recommended between 11-12 years old. The second dose of the vaccine should be administered 6 to 12 months after the first dose.
- Teens and young adults who start the series between the ages 15 - 26 years old will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infections.
- Adolescents 9 -14 years old who have already received two doses of the HPV vaccine less than 6 months apart, will require a third dose.
- Three doses are recommended for people with weakened immune systems between 9-26 years old.

Talking to Patients and Their Parents about HPV Vaccination and Reduced Dosing

Suggestions from the US CDC:

For your patients between 11-12 years old, start the vaccine discussion with their parents by making the following recommendation:

“Now that your child is 11 (or 12) years old, they are due for three vaccines today to help protect them from

meningitis, HPV cancers, and pertussis - or whooping cough.”

Many parents are accepting of this bundled recommendation because it demonstrates that the HPV vaccination is a normal part of adolescent vaccination. Parents may be interested in vaccinating, yet still have questions. Some parents might just need additional information from you, the clinician they trust. Clarify what the parent’s question is or what additional information they need.



For parents who have a question or need more information about “why now/why 11-12 years old?” you can tell parents:

“Similar to other vaccine-preventable diseases, we want to protect your child early. If we start now, it’s one less thing for you to worry about. Also, at this age your child will only need two doses of the HPV vaccine. If you wait, your child may need three doses in order to be completely protected.

We’ll give the first shot today and then you’ll need to bring your child back in 6 to 12 months from now for the second dose.”

If a parent has a question or needs more information about “How long can we wait and still give just two doses?” you can say:

“The two-dose schedule is recommended if the series is started before the 15th birthday. However, I don’t recommend waiting to give this cancer-preventing vaccine. As children get older and have busier schedules, it becomes more difficult to get them back in. I’d feel best if we started the series today to get them protected as soon as possible.”

** If the first dose is initiated prior to the 15th birthday, the series may be completed with a second dose after the 15th birthday.*

For patients aged 9-14 years old who have already had two doses given less than 6 months apart, you can tell parents:

"In order for the new 2-dose schedule to provide protection the second dose needs to be given at least 6 months after the first dose. Because your child already started the HPV vaccine series and received the first two doses less than six months apart, we'll need to give a third dose."

For parents who ask about the duration of protection or how well the vaccine will work with just two doses, you can say:

"Studies have shown that 2-doses of the HPV vaccine work very well in younger adolescents and we expect the same long-lasting protection with 2 doses that we expect with 3 doses."

You can always access additional guidance on answering parents question about HPV vaccine by using the US CDC "tip sheet" <http://www.cdc.gov/vaccines/who/teens/for-hcp-tipsheet-hpv.pdf>.

Have Patients With Asthma? Give Them a Flu Shot

Influenza or "the flu" can be more serious for those with asthma than for those without. People with asthma are not more likely to get the flu, but flu symptoms can be more serious for them, even if their asthma is mild or their symptoms are well-controlled. This is because people with asthma have swollen and



sensitive airways, and the flu can cause further inflammation of the airways and lungs. An influenza infection can trigger asthma attacks and worsen asthma symptoms. It can also lead to pneumonia and other acute respiratory diseases.

Asthma is the most common medical condition among children hospitalized with the flu. It is also one of the more common medical conditions among hospitalized adults. In fact, adults and children with asthma are more likely to develop pneumonia after being sick with the flu than people who do not have asthma. Peak flu season months in the U.S. are December, January and February. Getting a flu shot is one way a person with asthma can stay healthy during flu season.

For your asthma patients:

Everyone with asthma who is 6 months and older should get flu vaccine :

- To find out which flu vaccine is right for your patients visit: cdc.gov/flu/asthma

Encourage patients with asthma to take everyday preventive actions to stop the spread of the flu:

- Stay home when sick, except to get medical care.
- Stay away from other people who are sick.
- Cover the nose and mouth with a tissue when coughing or sneezing and throw the tissue away OR cough or sneeze into the elbow or shoulder.
- Wash hands often with soap and water, especially after coughing or sneezing.
- Clean/disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

**If you have any questions,
please contact the Maine Immunization Program at:
(207) 287-3746 or (800) 867-4775
www.ImmunizeME.org**

