

## IMMUNIZATIONS FOR CHILDREN WHO ARE CORTISOL-DEPENDENT

**ROUTINE IMMUNIZATIONS [DTaP (diphtheria/tetanus/pertussis), MMR (measles/mumps/rubella), IPV (polio), Hib (*H. influenzae*)]:** Cortisol-dependent infants, children and youth (and their siblings) should have all their routine immunizations on schedule. The current BC immunization schedules are available online at [www.healthlinkbc.ca/toolsvideos/immunization/](http://www.healthlinkbc.ca/toolsvideos/immunization/). No special precautions are required. If there is a fever following the vaccination, follow the instructions you have been given and increase the dosage of your child's medication. Acetaminophen (Tylenol®) may also be helpful.

**HEPATITIS B VACCINE:** May be given without problem for cortisol-dependent children, who should receive the vaccine as per the routine infancy or school schedules. This vaccine is also available for adults for a fee through local Public Health Units.

**CHICKENPOX (VARICELLA) VACCINE:** May be given without problem for cortisol-dependent children and youth. Children must be at least 12 months of age. Varicella vaccine is now being provided free for all people in BC who have not had chickenpox or shingles.

**INFLUENZA ("FLU") SHOTS:** See also our handout [Influenza Vaccine for Children who are Cortisol-Dependent](#).

**MENINGOCOCCAL VACCINES:** Meningococcal conjugate C vaccine is now provided free for all newborn infants and Grade 6 students in BC. This vaccine may also be purchased through local Public Health Units. It is recommended for all young adults who live in a college residence. A new quadrivalent meningococcal conjugate vaccine covers meningococcal groups A, C, Y and W-135 for patients over 2 years of age. There is also a meningococcal B vaccine available. These last two are recommended for certain high-risk individuals but are not yet part of routine immunization in BC.

**PNEUMOCOCCAL VACCINES:** A pneumococcal conjugate vaccine (Prevnar 13®) is recommended for all children under 2 years of age. It is now provided free in BC for all newborn infants and for children with underlying health problems (including cortisol dependence). A pneumococcal polysaccharide vaccine (Pneumovax® 23) is also recommended for high-risk children, including those who are cortisol-dependent.

**HUMAN PAPILLOMA VIRUS (Gardasil®):** Recommended for all girls and women between the ages of 9-26 years, before they come in contact with HPV. HPV vaccine is provided free to all girls in BC in Grade 6, and a series of 2 injections is required. It is also available at no cost through local Public Health Units for older girls and women not immunized at school, and for boys at high risk of contracting HPV.

**Note:** Vaccination schedules and recommendations change frequently as new information and products become available. Should you have any questions or concerns about any of the above-mentioned immunizations, please call your family doctor, the local Public Health Unit, or the Vancouver Coastal Travel Clinic (phone 604-736-9244, <http://travelclinic.vch.ca/>).