



March 2013 is “Pneumococcal Vaccination Awareness Month” at  
the State Employees’ Insurance Board (SEIB)  
Wellness Center and Pharmacy

### Who Should be Vaccinated?

- **All adults 65 years and older**
- Anyone **2 to 64 years old** with **long-term health conditions** such as: Heart, lung, or sickle cell disease; diabetes; alcoholism or cirrhosis; cochlear implant
- Anyone **2 to 64 years old** with a **condition that weakens their immune system** such as: Hodgkin’s disease; lymphoma or leukemia; kidney failure; multiple myeloma; HIV or AIDS; a damaged or removed spleen; organ transplant
- Anyone **2 to 64 years old** taking a **drug or treatment that weakens their immune system** such as: long-term steroids (>6 months); certain cancer drugs; radiation
- Anyone **19 to 64 years old** who **smokes or has asthma**
- Residents of **nursing homes** or **long-term care facilities**



#### Wellness Center Hours:

Monday-Wednesday, Friday

8:00 am to 5:00 pm

Thursday

9:00 am to 5:00 pm

(334) 263-8470

#### Pharmacy Hours:

Monday-Wednesday, Friday

7:30 am to 5:30 pm

Thursday

9:00 am to 5:30 pm

(334) 263-8460

### DID YOU KNOW?

- o Pneumococcal disease kills more people in the U.S. each year than all other vaccine-preventable diseases combined.
- o Pneumonia is *only one* of the many infections the pneumococcal vaccine protects against.
- o To prevent a pneumococcal infection it is very important to receive your yearly flu shot. If you were to catch the flu, your chance of developing pneumococcal disease increases GREATLY!

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

**NOTE:** Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY\*** delivery for your prescriptions! \*Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

[rx@alseib.org](mailto:rx@alseib.org)

[www.alseib.org](http://www.alseib.org)

## Pneumococcal Vaccine

- Protects against the *Streptococcus pneumoniae* bacteria
- This vaccine is the primary tool used to **prevent** a person from getting **invasive pneumococcal disease**, which can develop into 2 major secondary consequences:
  - **Pneumococcal meningitis** (a bacterial infection of the membranes covering the brain and spinal cord)
    - Causes about 13-19% of all cases of bacterial meningitis in the U.S, totaling to about 3,000 to 6,000 cases each year
    - Signs and symptoms can include: headache, tiredness, vomiting, fever, seizures, and coma
    - The death rate is high for the overall population at 20%; however, it is even higher among the elderly population at 60%
  - **Pneumococcal bacteremia** (an infection in the blood)
    - Occurs in about 25-30% of patients with pneumococcal pneumonia with more than 50,000 cases occurring each year in the U.S.
    - Bacteremia occurs most commonly in children less than 2, accounting for about 70% of cases
- Pneumococcal bacteria:
  - The disease spreads from person to person via droplets in the air (i.e.: coughing, sneezing etc.)
  - Many people carry the bacteria in their nose and throat and never develop an infection
    - **HOWEVER:** If you are aged 65 or older and/or have any of the chronic health conditions listed on pg. 1, you have a **MUCH** greater chance of developing pneumococcal disease and the more severe secondary infections
  - The time between infection and the appearance of symptoms is ~1 to 3 days
- Do **NOT** receive the pneumococcal vaccination if:
  - You experienced a previous allergic reaction to the vaccine or have an allergy to any component of the vaccine
  - You are sick (wait until illness has resolved)
  - You **do not** have an existing health condition (see “Who Should be Vaccinated” bullets 3 and 4 on pg. 1) or meet age requirement to receive the vaccine
  - If it has been **less than 5 years** since your previous pneumococcal vaccination
- **Revaccination** is recommended for the following people:
  - One-time revaccination **5 years** after the initial vaccine for children and adults who are under 65 years of age and are at the *highest risk* for serious pneumococcal infection (see: “Who Should be Vaccinated” bullets 3 and 4 on pg. 1)
    - Note: This is a very small number of individuals!!!
  - Adults 65 years or older who received their first dose when they were younger than 65 and it has been greater than 5 years since their last vaccination
- It is estimated that more than 40,000 cases and more than 4,400 deaths from pneumococcal bacteremia and meningitis have occurred since 2005 in the U.S. More than half of those cases occurred in adults who should have received the vaccine, but did not

### References:

1. Centers for Disease Control and Prevention
2. Lexi-Comp Internet Database
3. Koda-Kimble