

SEIB State Wellness Center Healthcare Clinic & Pharmacy

## September's Topic: Vaccination Information

By: S. Kaitlyn Revels, Pharm.D. Candidate, Tainashia Kegler, Pharm.D. Candidate



### HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: [hcc@alseib.org](mailto:hcc@alseib.org)

### PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

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

## What are Vaccines?

When a disease enters the body it starts to rapidly reproduce. Your immune system recognizes the infection as a foreign intruder and responds by making antibodies. By making these antibodies, your body is able to destroy the infection caused by the disease that is making you sick. Vaccines work by stimulating your immune system to produce antibodies without actually infecting you with the disease. They trigger the immune system to produce its own antibodies, as though the body has been infected with a disease. This is called "active immunity". After getting vaccinated if a person comes in contact with the disease, their immune system will recognize it and immediately produce the antibodies they need to fight it. Overall, vaccines help prevent the spread of disease and have led to a decline in several infectious diseases in the US and around the world. Vaccinations are both safe and effective and it is the best way to protect yourself and others from preventable diseases.

### Fighting the Flu

#### **What is the Influenza Vaccine?**

A vaccination given to protect against the influenza virus; it is available in both a live and inactive form. Here at the Wellness Center we offer the inactive vaccine

#### **What is the Flu?**

The flu is a highly contagious respiratory illness caused by the influenza virus. Most symptoms consist of body aches, fatigue, chills, fever, sore throat, and cough; in some cases this infection can be fatal.

#### **Who should receive the vaccine?**

Everyone who is at least 6 months of age, including pregnant women, should receive the vaccine. Ask your doctor first if you have an egg allergy, a history of an allergic reaction to the vaccine, or a history of Guillain-Barre syndrome.

#### **How is it given?**

The form available at the wellness center is given as a single shot into the upper arm.



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## Preventing Shingles with Zostavax

### **What is Zostavax?**

Zostavax is a live vaccine given to protect against the Shingles

### **What is Shingles?**

Shingles, also known as Herpes Zoster, is a viral infection that often causes a painful rash. It is caused by the same virus that causes the chickenpox. If you were exposed to the chickenpox when you were younger, after many years, the virus can reactivate and cause shingles.

### **Who should receive the vaccine?**

Men and women 50 years and older should receive Zostavax. Ask your doctor first if you are allergic to any of its ingredients, have a weakened immune system, take high doses of steroids, are on medications that lower your immune system, or are pregnant or plan to become pregnant.

### **How is the vaccine given?**

Zostavax is given as a single shot under the skin.

## Protecting Against Hepatitis B

### **What is Hepatitis B?**

Hepatitis B is a contagious liver disease that can range in severity from a mild infection to a chronic infectious disease. Symptoms can present as abdominal pain, dark urine, loss of appetite, fatigue, and yellowing of the skin and eyes.

### **Who should receive the vaccine?**

Hepatitis B vaccination is recommended for just about everyone, but especially if you often come in close contact with an infected person's blood or other bodily fluids.

### **How is the vaccine given?**

The Hepatitis B vaccine is usually given as a series of 3 or 4 shots into the upper area of the arm.

## Preventing Pneumonia with Pneumovax 23 (PPSV23)

### **What does this vaccine prevent?**

This vaccine helps prevent pneumonia that is caused by pneumococcus bacteria. This disease is spread from person to person through air particles

### **Who should receive the PPSV23 vaccine?**

Patients at least 2 years of age that are at high risk for disease (those who have sickle cell disease, HIV/AIDs, lung disease, diabetes, or other diseases that weaken the immune system), adults age 19-64 that smoke or have asthma, and all adults who are older than 65 years old.

### **How is the vaccine given?**

The PPSV23 vaccine is given either under the skin or in the upper area of the arm.

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## Preventing Tetanus, Diphtheria, and Pertussis

### **What does this vaccine prevent?**

Tetanus: A bacterial disease that causes painful muscle contractions of the body and in some cases locking of the jaw (lockjaw).

Diphtheria: A bacterial infection affecting the mucous membranes of your nose and throat. It produces a thick, gray material that covers the back of the throat which can block the airway and causes difficulty breathing.

Pertussis: An infectious bacterial disease that is otherwise known as whooping cough due to the uncontrollable coughing that the infection produces. Anyone can get whooping cough, but it is much more common in infants and children.

Tetanus can enter the body through cut, scratches, or wounds while diphtheria and pertussis are spread from person to person through the particles in the air.

### **Who should receive the Tdap vaccine?**

One dose of Tdap is given to children 7 to 9 years of age who did not complete a full primary DTap series.

One dose of Tdap is given at 10 – 18 years of age as a booster dose.

One dose of Tdap is also given to individuals aged 19 years and older as a booster dose regardless of when the first dose was given.

It is especially important for pregnant women, healthcare providers, and those coming in contact with children less than 12 months old to receive this vaccination.

### **How is this vaccine given?**

The Tdap vaccine is given in the upper area of the arm.

## What Are Some Potential Side Effects Of These Vaccines?

Redness, Pain, Swelling and/or Tenderness at the injection site

Drowsiness/Fatigue

Mild Fever

Nausea and/or Vomiting

Anaphylaxis (severe itching, swelling of the tongue, mouth, and/or throat, and difficulty breathing). In the event of anaphylaxis, patient should seek medical attention as soon as possible.

### **References:**

Centers for Disease Control and Prevention. Vaccines & Immunizations [Updated Aug 2014, cited Aug 24 2014]. Available from: <http://www.cdc.gov/vaccines/default.htm>

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Please let us know how we are doing by filling out a survey at the following link:

[https://auburn.qualtrics.com/SU/?SID=SV\\_3DXRxyUp8KC7Lzn](https://auburn.qualtrics.com/SU/?SID=SV_3DXRxyUp8KC7Lzn)

**CALL FOR AN  
APPOINTMENT  
TODAY!**

**(334) 263-8470**

## State Wellness Center

101 S. Union Street  
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. *Screenings must be completed by October 31 each year. **Don't delay and get caught in the October rush at the end of the deadline period!*** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

## State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

### Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management