



LONG-TERM CARE IMMUNIZATION TOOLKIT



Table of Contents

How to Use the Toolkit	3
Why Vaccines Are Important	3
Adult Vaccine Schedule 2023.....	4
How To Access Your Immunization Records.....	5
Immunization Resources.....	6
Vaccines and the Diseases They Prevent	7
Flu.....	7
Flu Vaccine	7
Pneumococcal Disease.....	7
Pneumococcal Vaccine.....	7
Tetanus, Diphtheria, and Pertussis (Whooping Cough).....	8
Tdap Vaccine	8
Shingles	9
Shingles Vaccine.....	9
RSV	9
RSV Vaccine.....	9
COVID-19.....	9
COVID-19 Vaccine	10

How to Use the Toolkit

This toolkit is intended to assist long-term care (LTC) facility staff with improving vaccine coverage among their residents.

The toolkit contains information on COVID-19, flu, pneumococcal disease, respiratory syncytial virus (RSV), polio, shingles, and the vaccines that prevent these diseases.

Information about diseases and vaccines are accompanied by links to more information and patient handouts.

In addition, this toolkit includes an adult vaccination schedule, an outline on the importance of vaccination and resources to strengthen immunization efforts.



Why Vaccines Are Important

Immunizations are necessary to prevent the spread of contagious and sometimes deadly diseases. Some diseases do not have a cure.

Older adults, especially those with medical conditions or weak immune systems, and those living in congregate settings such as a LTC facility, are more vulnerable to infections. These diseases may cause serious health problems or even death. Vaccines are effective at preventing diseases, have even helped eliminate diseases.

Vaccines teach your immune system how to fight certain diseases. Vaccines are important to help you stay healthy and can protect you from the suffering, pain, and high costs of being sick with a serious disease.

Older adults living in congregate settings such as a LTC facility are at higher risk of infection. Being up to date on vaccines help people live the healthiest life possible.

Many of the recommended vaccines are especially important for new grandparents who plan to spend time around newborns. Making sure the whole family is up to date on their vaccines will help protect everyone from disease. Additionally, some immunocompromised people are unable to receive vaccines. Creating a bubble of protection around them is important for the whole family. Encourage residents to stay up to date on their vaccines to reduce their risk of complications. In addition to vaccination, cover your coughs and sneezes, wash your hands for 20 seconds with soap and water, wear a face mask and stay home when you feel sick.

To learn more visit [Reasons for Adults to be Vaccinated | CDC](#)

Patient handout: [Are You 60 Or Older? Get Vaccinated](#)

Adult Vaccine Schedule 2023

To view as a webpage: [Adult Immunization Schedule – Healthcare Providers | CDC](#)

Vaccine	19-26 years	27-49 years	50-64 years	≥65 years
COVID-19 ⓘ	2- or 3- dose primary series and booster (see notes)¶			
Influenza inactivated (IIV4) or Influenza recombinant (RIV4) ⓘ	¶1 dose annually OR¶			
or Influenza live attenuated (LAIV4) ⓘ	1 dose annually¶		⇒	
Tetanus, diphtheria, pertussis (Tdap or Td) ⓘ	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes)§			
	1 dose Tdap, then Td or Tdap booster every 10 years¶			
Measles, mumps, rubella (MMR) ⓘ	1 or 2 doses depending on indication (if born in 1957 or later)¶			For healthcare personnel, (see notes)⇒
Varicella (VAR) ⓘ	2 doses (if born in 1980 or later)¶	¶	§	2 doses§
Zoster recombinant (RZV) ⓘ	2 doses for immunocompromising conditions (see notes)§			2 doses¶
Human papillomavirus (HPV) ⓘ	2 or 3 doses depending on age at initial vaccination or condition¶	27 through 45 years±	±	⇒
Pneumococcal (PCV15, PCV20, PPSV23) ⓘ	1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 (see notes)§			See Notes ¶
				See Notes ±
Hepatitis A (HepA) ⓘ	2, 3, or 4 doses depending on vaccine§			
Hepatitis B (HepB) ⓘ	2, 3, or 4 doses depending on vaccine or condition¶			¶
Meningococcal A, C, W, Y (MenACWY) ⓘ	1 or 2 doses depending on indication, see notes for booster recommendations§			
Meningococcal B (MenB) ⓘ	§	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations§		
	19 through 23 years±	§	§	
Haemophilus influenzae type b (Hib) ⓘ	1 or 3 doses depending on indication§			

¶ = Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection

§ = Recommended vaccination for adults with an additional risk factor or another indication

± = Recommended vaccination based on shared clinical decision-making

⇒ = No recommendation/Not applicable

How To Access Your Immunization Records

Option 1: Sign up for MyIRMobile.com

Sign up for MyIR Mobile by going to myirmobile.com and follow the registration instructions. Your registration information will be used to match your records with the state immunization registry. You will be sent a verification code on your phone which will finalize the process. Once registration is complete, you'll be able to view your immunization records and access your COVID-19 vaccination certificate. If you have questions related to your COVID-19 vaccination record and would like to talk to someone, call 833-VAX-HELP. Operators can only assist with COVID-19 records.

Option 2: Visit Your Local Pharmacy

Certain local pharmacies can help you obtain your immunization records. If you live near [one of these pharmacies](#), visit them today to begin the sign-up process.

Option 3: Request a Complete Immunization Record from Your Health Care Provider

Most healthcare providers in Washington use the Washington State Immunization Information System. Check with your provider to ask if they can give you a complete immunization record for you. They can print it from the Immunization Information System or from their own medical record system.

Option 4: Request a Complete Immunization Record from the State Department of Health.

If you can't get a complete immunization record from your provider and you don't want to sign up for MyIR, contact the Washington State Department of Health's Office of Immunization at 360-236-3595 or 1-866-397-0337. The Department of Health uses the Washington State Immunization Information System, but it does not have complete immunization records for all people. When you call, you'll be asked to provide identifying information, such as name, date of birth, and address. At that time, we will tell you whether or not a record exists in the system, but no other information will be released over the phone. This is to protect the privacy and confidentiality of your information. Fill out an [Authorization to Release Immunization Records \(PDF\)](#) or an [Autorización para entregar documentos de vacunaciones \(PDF\)](#). Mail, fax, or e-mail the form to:

Mail	Fax	Email
Washington State Immunization Information System PO Box 47843 Olympia, WA 98504-7843	360-236-3590	WAISRecords@doh.wa.gov

Once we receive the signed form, we will mail, fax, or securely e-mail the immunization record to you within five business days.

If you have any questions, contact us at 360-236-3595 or 1-866-397-0337 or by e-mail at WAISRecords@doh.wa.gov

[Back to top](#)

Immunization Resources



Listed below are resources intended for use by LTC providers and staff for your vaccinating efforts and continued education.

[Resources for Long-Term Care Facilities | Washington State Department of Health](#)

This page contains immunization resources specifically for long term care facilities. It includes the “Vax In A Minute” (VIAM) series aimed at educating LTCF about COVID-19 and flu as well as other diseases.

[Immunization Training | Washington State Department of Health](#)

This page includes immunization training announcements and opportunities. These trainings are designed for health care providers, local public health, immunization staff, and school and child care staff.

[Talking with Your Older Patients | National Institute on Aging \(nih.gov\)](#)

This resource offers ways to talk with older patients about vaccinations. These suggestions can help optimize care and make the most of time and resources.

[Reasons for Adults to be Vaccinated | CDC](#)

This resource offers five reasons for adults to get vaccinated. They offer great talking points when discussing vaccinations with residents.

Vaccines and the Diseases They Prevent

Listed below are common diseases that affect older adults, and the vaccines that can prevent these illnesses. You will also find links to more information, and patient handouts.

Flu

Flu is a virus that spreads easily through the air by coughing and sneezing, or by touching contaminated surfaces such as doorknobs and countertops. Flu can cause a high fever, cough, sore throat, headache, and muscle aches. This respiratory virus can lead to pneumonia, heart problems and sometimes death. Flu can be very serious for older adults, especially those living in congregate settings like a LTC facility, who often need to be hospitalized if they get flu. Flu is also very serious for people of any age with chronic illnesses, and for pregnant people and children under age 5.

[Flu Overview | Washington State Department of Health](#)

Flu Vaccine

There are special kinds of flu shots for people [aged 65 and older](#) that are different than regular flu shots. [Fluzone High-Dose](#) and [Fluad adjuvanted shots](#) are intended to give a stronger immune response than regular flu shots, offering better protection. Adults 65 and older may get a regular flu vaccine if the high-dose or adjuvanted vaccines are not available or if your doctor recommends that you get the regular vaccine instead. A doctor or pharmacist can help you understand which flu shot is right for you. Get a flu vaccine every year after they are available in late summer. Try to get vaccinated by the end of October for your best protection.

More Information:

- [Flu Overview | Washington State Department of Health](#)
- [Preventing Flu in Adult Family Homes: Vaccination and Outbreak Resources for Caretakers \(wa.gov\)](#)
- [Influenza Outbreak in Long Term Care Facilities \(LTCF\) Frequently Asked Questions \(wa.gov\)](#)

Patient Handout: [Protect Yourself from Flu and Whooping Cough](#)

Pneumococcal Disease

Pneumococcal disease is an infection caused by bacteria, which is spread through coughing and sneezing by an infected person. Infection with this bacteria can cause many types of pneumococcal disease. The most common severe forms of pneumococcal disease are pneumonia (lung infection), bacteremia (bloodstream infection), and meningitis (swelling of the covering of the brain and spinal cord). Factors such as age, and certain health conditions can increase the risk of severe illness and death. Those living in congregate settings like a LTC facility are also at increased risk.

More information: [Pneumococcal Disease | Washington State Department of Health](#)

Pneumococcal Vaccine

There are different types of pneumococcal vaccines, categorized by the number of pneumococcal strains it protects against. The CDC recommends young children, older adults, and certain people with medical conditions or risk factors get vaccinated against pneumococcal disease. The United States uses two

[Back to top](#)

different types of pneumococcal vaccines: pneumococcal conjugate vaccine (PCV) and pneumococcal polysaccharide vaccine (PPSV23). Three different PCV vaccines are available and are referred to as PCV13, PCV15, and PCV20. Adults may receive any of these vaccines depending on their specific situation and age. PPSV23 is given to children with certain medical conditions, and older adults. Your doctor will help you understand which pneumococcal vaccines you may be due for, and when. The [PneumoRecs Vaccine App](#) also helps determine which vaccine is recommended based on age, underlying medical conditions, and vaccination history.

More information: [Pneumococcal Vaccines | Washington State Department of Health](#)

Patient handout: [Prevent Pneumococcal Disease in Adults | CDC](#)

Tetanus, Diphtheria, and Pertussis (Whooping Cough)

Tetanus, or lockjaw, is a very serious and deadly disease caused by bacteria found in the environment. A tetanus infection can lead to serious health problems such as being unable to open the mouth, trouble breathing, muscle spasms, and death.

Diphtheria is an infection caused by bacteria that spread by coughing and sneezing. It causes a sore throat and low-grade fever, and can completely clog a person's airway, especially young children and babies, who have smaller airways. Diphtheria can cause breathing and heart problems, coma, paralysis, and death.

Pertussis (whooping cough) is a highly contagious disease caused by bacteria. Whooping cough spreads easily by coughing and sneezing. In adults, the disease can be mild, but it is serious and deadly for babies. Babies usually get whooping cough from caregivers or family members who don't realize they have the disease, like older brothers and sisters, parents, and grandparents. The best way adults can protect infants and young kids from whooping cough is to make sure they're up to date on their own vaccination so they do not pass the bacteria to the child or baby.

More information:

- [Tetanus Disease | Washington State Department of Health](#)
- [Diphtheria | Washington State Department of Health](#)
- [Pertussis \(Whooping Cough\) | Washington State Department of Health](#)

Tdap Vaccine

Tdap vaccine protects against tetanus, diphtheria, and pertussis (whooping cough). Because protection provided by the vaccine against disease falls over time, adults need a Td or Tdap booster shot every 10 years to keep a high level of protection against tetanus.

More information: [Tdap \(Tetanus, Diphtheria, and Pertussis\) and Td \(Tetanus and Diphtheria\) Vaccine | Washington State Department of Health](#)

Patient handout: [Protect Yourself from Flu and Whooping Cough](#)

Shingles

Shingles is a painful skin rash caused by the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. The virus can reactivate many years later and cause shingles. Anyone who has had chickenpox can get shingles.

More information: [Shingles | Washington State Department of Health](#)

Shingles Vaccine

The shingles vaccine is very effective in preventing shingles. It prevents shingles in 97% of people aged 50-69 years and in 91% of people age 70 or older. The vaccine is a series of two doses, separated by 2 to 6 months. Shingles vaccine is recommended for all adults aged 50 years and older.

More information: [Shingles Vaccine | Washington State Department of Health](#)

Patient Handouts:

- [Shingles Vaccine for 50 or Older](#)
- [What You Can Expect After Getting Shingrix \(cdc.gov\)](#)

RSV

Respiratory syncytial virus (RSV) is respiratory virus that causes symptoms like fever, cough, runny nose, and sneezing. RSV is usually spread through sneezing and coughing. It can also be spread by touching a surface that has the virus on it, like a doorknob, and then touching your face. RSV can cause illness in people of all ages but may be especially serious for infants and older adults. Older adults with chronic health conditions, weakened immune systems, or who live in long-term care facilities, are at highest risk.

More information: [RSV in Older Adults and Adults with Chronic Medical Conditions | CDC](#)

RSV Vaccine

People who are 60 or older, may be eligible for RSV vaccination if they have a weakened immune system, or chronic medical conditions such as heart or lung disease, or if you live in a long-term care setting. People 60 years of age and older may receive a single dose of RSV vaccine using shared clinical decision-making with their health care provider.

More information: [RSV Vaccine Information Statement | CDC](#)

Patient Handout: [Respiratory Syncytial Virus Vaccine VIS \(cdc.gov\)](#)

COVID-19

COVID-19 is a disease caused by a virus named SARS-CoV-2. It can be very contagious and spreads quickly. Over one million people have died from COVID-19 in the United States since 2020. COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. People can spread COVID-19 without showing any symptoms. Factors such as age, weakened immune system, living in a congregate setting like a LTC facility, and underlying health conditions can raise your risk of getting very sick with COVID-19.

[Back to top](#)

More information: [COVID-19 | Washington State Department of Health](#)

COVID-19 Vaccine

The best way to protect yourself against COVID-19 is by staying up to date on COVID-19 vaccines. COVID-19 vaccine recommendations are regularly updated. [2023-2024 Updated COVID-19 Vaccine: Long Term Care Settings \(wa.gov\)](#)

For the most up to date vaccine recommendations visit: [COVID-19 Vaccine Information | Washington State Department of Health](#)



To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov. DOH 348-1000 October 2023

[Back to top](#)