

Yellow fever vaccination center

Gemeinschaftspraxis am Ponttor

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Yellow Fever Vaccination Information Sheet

What is yellow fever and why should I get vaccinated?

Yellow fever is an acute, potentially life-threatening infectious disease. It is transmitted by mosquitoes and can be fatal in severe cases. The causative agent is the yellow fever virus. It occurs in certain tropical regions of South America and Africa that have been declared yellow fever endemic zones by the World Health Organization (WHO). In these areas transmission is possible in both rural and urban regions.

For your personal protection it is necessary to receive the yellow fever vaccination no later than 10 days before entry. In addition, many countries require documentation of the vaccination in an International Certificate of Vaccination, if you are entering from a yellow fever risk area.

How is the vaccination given?

The highly effective and generally well-tolerated yellow fever vaccination is administered with a **live vaccine**, meaning that weakened yellow fever vaccine viruses are injected under the skin of the upper arm. During the first week after vaccination the vaccine viruses multiply. This stimulates your immune system to produce protective substances (antibodies). Ten days after vaccination you will have a lifetime protection against the disease. Previously, protection was assumed to last for 10 years.

Please note: Some countries still require proof of vaccination on entry that is no more than 10 years old. Unfortunately, medical knowledge has not yet been fully reflected in all entry regulations.

Possible reactions after vaccination:

In 20–25% of vaccinated individuals, a local reaction at the injection site may occur within 1–3 days after vaccination and may occasionally last somewhat longer. This may include mild redness, swelling, slight pain and headache. In up to 10% of vaccinated individuals flu-like symptoms such as mild fever, fatigue, joint or limb pain, nausea, vomiting, and diarrhea may occur within 4–7 days after vaccination. In general, these vaccination reactions resolve quickly without consequences and do not require medical treatment.

Very rarely observed reactions:

In cases of allergy, especially to egg protein or other vaccine components, general hypersensitivity reactions such as hives, swelling of the mucous membranes in the throat associated with shortness of breath and possibly shock may occur within minutes to hours after vaccination.

Delayed allergic reactions with various skin symptoms or pain in the muscles and joints and even more rarely a reduction in blood platelets (thrombocytopenia) with a tendency to bleed, may occur up to two weeks after vaccination in people with a particular predisposition to allergies. Very rarely, after a first vaccination inflammation of the brain or meninges or a severe yellow fever-like disease

affecting other organs has occurred. Worldwide, approximately 30 cases of severe adverse reactions and 17 deaths have been reported among more than 400 million vaccinated individuals. No deaths have been reported in Germany. Since the risk of severe adverse reactions appears to be increased in older people, according to the vaccine manufacturer's prescribing information, first-time vaccination in persons over 60 years of age should only be carried out if there is a high and unavoidable risk of yellow fever infection. If you belong to this group, please discuss the further procedure with your doctor. Since some vaccinated persons with severe adverse reactions had organic or functional thymus disorders, this should be considered an additional risk factor for severe adverse reactions.

Vaccination should not be given in the following cases:

- acute or chronic infections
- diseases of the nervous system
- severe liver disease
- hypersensitivity (allergy) to egg protein or vaccine components
- diseases of the body's immune defense system (including symptomatic HIV infection or HIV infection with a CD4 count below 200/mm³)
- immunosuppressive treatment (e.g. high-dose corticosteroid therapy, other immunosuppressive drugs, radiation therapy or chemotherapy)
- existing pregnancy
- current allergy treatment by desensitization
- history of thymus removal or thymus dysfunction
- infants under 9 months of age

Other live vaccines such as measles, mumps, rubella or chickenpox may only be given at the same time or at an interval of 4 weeks. Other vaccinations, as well as administration of an immunoglobulin preparation, must be reported to the doctor.

The vaccine viruses are not transmitted to close contacts. The vaccination is therefore not dangerous for other family members.

Behavior after vaccination:

For one week after vaccination you should avoid intense physical exertion (competitive sports, operations, sauna). Please avoid prolonged sunbathing and excessive alcohol consumption.

You must not donate blood for 4 weeks after vaccination.

For 3 months after vaccination (but at least for 4 weeks), pregnancy should be avoided. However, vaccination during pregnancy or pregnancy occurring within the above interval is not a reason for termination of pregnancy. Vaccination should not be given during breastfeeding.

If symptoms occur in temporal association with the vaccination that you believe may be related to the vaccination, please consult a doctor.

To assess the risk of possible side effects from the yellow fever vaccination and to rule out contraindications, please complete the questionnaire on the following page and bring it with you to your vaccination appointment. Any questions you may have can then still be addressed before the vaccination.

Yellow Fever Vaccination Questionnaire

Please answer the following questions by ticking **Yes** or **No**.

	YES	No
Do you currently have any acute or chronic infections?	☐	☐
Do you have any heart, liver or kidney disease?	☐	☐
Do you have any neurological disease or disorder?	☐	☐
Has your thymus gland been removed, or do you have a known thymus disorder?	☐	☐
Do you have a known allergy to egg protein?	☐	☐
Do you have any allergies or asthma?	☐	☐
Do you have a weakened immune system (for example due to HIV infection or any of the treatments mentioned in the information sheet)?	☐	☐
Are you currently taking any medication? If yes, which medication(s)?	☐	☐
Have you received any vaccination within the last 4 weeks? If yes, which vaccination(s)?	☐	☐
Do you have diabetes?	☐	☐
For women: Are you currently pregnant?	☐	☐
Do you currently feel well?	☐	☐
Have you ever been vaccinated against yellow fever before?	☐	☐

Which country or countries are you planning to travel to?

I have been informed about the necessity of the vaccination and its possible risks. I have read, understood and fully completed this information sheet and medical questionnaire. I have had the opportunity to discuss any questions with the doctor and I have no further questions.

Date and signature of the physician

**Date and signature of the person to be
vaccinated / legal guardian**