

Vaccination guide and log for people with CLL/SLL

This information has been provided by consultants from the UK CLL Forum and their partner charity, CLL Support.

Introduction

If you have CLL or SLL, you are more likely to suffer infections. This is because CLL can weaken your immune system, even at an early stage in the disease. It is important, therefore, to make sure you are fully vaccinated for a range of infections as soon after diagnosis as possible. Your medical team will advise you about this.

Caution

You must not receive vaccines which contain live or attenuated (weakened) viruses.

These include: yellow fever; oral polio; measles; mumps and rubella (MMR); and the live shingles vaccine (Zostavax).

The non-live shingles vaccine (Shingrix) is available in the UK for those aged 50 years and over and is safe for CLL patients.

CLL patients should avoid children for at least a week who have recently received the nasal 'flu vaccine and the nasal polio vaccine, as they can pass on the live virus. Also avoid grandchildren with chickenpox.

What vaccinations should I have?

Your medical team will advise you, but the most useful vaccines you should consider are:

Flu vaccine

You should have this vaccine annually. Your close family should be vaccinated too as this will protect them from getting 'flu and from passing it on to you.

Pneumonia

For pneumococcus, modern practice for CLL patients is to give two vaccines. These are known as Pevnar 13® (child vaccine) which should be given at least 2 months before Pneumovax 23.* You should talk to your CLL consultant about having these. Your G.P. may not be aware of this.

* *Green Book chapter 25 page 8 table*

Coronavirus vaccine

It is important to remain up to date with the recommended doses of vaccination because protection wanes. You should have three primary doses plus further boosters in line with gov.uk guidance. It is likely that booster doses will continue in the future and the vaccine recommended will change depending on the current variant.

Shingrix vaccine

Protects against shingles and provided as 2 doses, 2-6 months apart. Available for those over the age of 50 with CLL . Speak to your medical team.

Tetanus

If you sustain a serious wound, fracture or burn, you may need an additional dose of tetanus (all adults should have received 5 doses of tetanus previously).

Useful resources for CLL/SLL patients and their families

UK CLL Forum

The main body representing CLL consultants, connecting CLL clinicians, scientists and researchers.

www.ukcllforum.org/

CLL Support

The charity partner of the UKCLL Forum. Managed by people directly affected by CLL and provide trusted guidance, support, free conferences and webinars.

www.cllsupport.org.uk/

Our sister charities also have lots of expertise and information:

Leukaemia Care:

www.leukaemiacare.org.uk/

Lymphoma Action:

www.lymphoma-action.org.uk

Blood Cancer UK:

www.bloodcancer.org.uk/

Macmillan:

www.macmillan.org.uk

Cancer research UK:

www.cancerresearchuk.org

Maggies:

www.maggies.org/

CLL Support on-line forum:

www.healthunlocked.com/cllsupport

Keep your own record of vaccinations

Name:	
NHS number:	Date of diagnosis:
Treatment centre:	Specialist:

Vaccine	Location/date MM/DD/YY	Location/date MM/DD/YY	Location/date MM/DD/YY	Location/date MM/DD/YY	Comments
Annual 'flu					Recommended annually
Pevnar 13®					Recommended at diagnosis
Pneumovax 23 (At least 2 months after Pevnar 13®)					Recommended at least 2 months after Prevenar 13
Shingrix vaccine					2 dose course recommended for those over 50
COVID-19 vaccine					3 dose primary course & boosters as recommended