Smallpox vaccine prevents smallpox, but requires very careful use.

What side effects should I expect?

Most reactions are mild, such as:

- Itching at vaccination site
- Swollen and/or sore lymph nodes
- Arm may become sore and red
- Fever, headache, and body ache
- Fatigue

These symptoms usually peak 3 to 12 days after vaccination and rarely last more than 30 days.

Myopericarditis is a serious adverse event that may cause chest pain/pressure/tightness, shortness of breath, or other heart symptoms within 30 days after vaccination. Seek immediate medical care if you experience these symptoms. Inform your doctor that you recently received a smallpox vaccination. Register with the ACAM2000™ Myopericarditis Registry at 619-553-9255 or NHRC-VaccineRegistry@med.navy.mil

More serious reactions that require medical attention may occur, such as:

- Accidental spread of virus elsewhere on body or to another person (prevented by handwashing)
- Widespread vaccine rash where sores break out away from vaccination site
- Allergic rash after vaccination

Life-threatening reactions that need immediate medical attention include:

- Chest pain or shortness of breath which may indicate an inflammation around the heart
- Serious skin rashes in people such as those with eczema or atopic dermatitis
- Ongoing infection of skin with tissue destruction

Don't scratch that itch.
Vaccine virus can accidentally spread to a family member, close contact, or another part of your body.

How should I care for the vaccination site?

Three Key Points:

1. **Wear bandages to cover vaccine site.**
2. **Wear sleeves to cover the site.**
3. **Wash your hands, wash your hands!!**

Vaccine virus (vaccinia) is present at the vaccination site for up to 30 days after vaccination and until site is healed. Other people can get infected by contact with the vaccinia virus from your vaccination site.

Use a non-sticking bandage. Do not use gauze. Change your bandages frequently so surface remains dry. Dispose of bandages in sealed or double plastic bags. You may add bleach, alcohol or soap to kill the virus.

Wear sleeves to cover the site and prevent scratching. Minimize close contact with infants for 30 days after vaccination and site is healed.

When not around others, you can leave the site uncovered. Air drying is helpful because it will speed healing. Only do this when you are not around others; make sure you wear a bandage and sleeves to bed to avoid scratching.

Do not use creams or ointments; they will delay healing and can spread the virus.

Vaccine recipients should place laundry in hot soapy water directly to avoid handling by others who could be infected. Don't share towels or clothes.

Normal bathing can continue, but don't touch or scrub the vaccination site. Dry the site last, with a paper towel or toilet paper and flush down the toilet.

If you exercise enough to cause sweat to drip, use a waterproof bandage. Avoid swimming and hot tubs.

Don't let your guard down at home! Although rare, spread of the vaccine virus happens most often with spouses and intimate partners.

➲ *For information about vaccine or policy,*
Military Vaccine (MILVAX) Agency:
www.smallpox.mil **www.vaccines.mil**
E-Mail: **vaccines@amedd.army.mil** Toll-Free: **877.GET.VACC**
877.438.8222 DSN **761.4245**

➲ *For medical advice about your smallpox vaccination,*
DoD 24/7 Vaccine Clinical Call Center: Toll-Free: **866.210.6469**

➲ *For clinical consultation or exemption assistance,*
DoD Vaccine Healthcare Centers: www.vhcinfo.org
E-Mail: **askvhc@amedd.army.mil** Phone: **202.782.0411**

➲ **CDC National Immunization Hotline: 800.232.4636**

Civilian Healthcare Providers: If a Reservist or Active Duty Military Member presents to you for a condition that may be an adverse event caused by a military vaccination, please provide the appropriate care. For authorization and payment contact:

The Medical Treatment Facility (MTF) where the member is enrolled, OR contact **The Military Medical Support Office (MMSO) 888-647-6676** if not enrolled to an MTF.

WHAT YOU NEED TO KNOW ABOUT SMALLPOX VACCINE

21 June 2011

CATEGORY OF ELIGIBILTY

Mandatory — Smallpox vaccination is mandatory for uniformed personnel, emergency essential and comparable U.S. government civilian employees and contractors deployed (or deploying within 120 days) to U.S. CENTCOM or Korea areas of responsibility (AOR) for 15 or more consecutive days. Vaccinations are also mandatory for certain uniformed personnel assigned to special units (such as forward deployed forces) and units with biodefense-related missions.

For more details on the specific criteria for each of these groups, please see applicable DoD and Service policies.

For more information:
1-877-GETVACC (877-438-8222)
DSN 761-4245
www.smallpox.mil **www.vaccines.mil**
vaccines@amedd.army.mil

Smallpox is a contagious and deadly disease that would greatly disrupt mission capability.

What is smallpox and how does it spread?

Smallpox is a serious, contagious and sometimes fatal infectious disease.

Smallpox is caused by the variola virus. In unvaccinated individuals, about 3 out of 10 people will die. Survivors are often scarred and, in rare cases, may be blinded.

Smallpox (the disease not the vaccine) is usually spread by prolonged face-to-face contact with a contagious person.

Smallpox can also be spread by contact with infected body fluids and contaminated objects such as clothing, towels, linens.

A person with smallpox is sometimes contagious with onset of fever, but the person becomes most contagious with the onset of rash. They stay contagious until their last scab falls off.

The symptoms of smallpox begin with a high fever, head and body aches, and fatigue. A rash follows that spreads and progresses to raised bumps that crust, scab, and fall off after about three weeks, sometimes leaving pitted scars.

There is no specific treatment for smallpox disease, and the only prevention is vaccination.

Preserving the health and safety of our people are our top concerns.

What is the smallpox vaccine?

Smallpox vaccine contains live vaccinia virus (not smallpox virus) to protect against smallpox.

The vaccine is made from a virus called *vaccinia,* which is another "pox"-type virus related to smallpox but does NOT cause the disease.

After a single smallpox vaccination, about 95% of people develop protection within 5-10 days.

In the United States, most individuals born after 1970 have never received a smallpox vaccination. A booster dose is recommended every 10 years to maintain immunity.

Who should not get smallpox vaccine?

Some people should not get smallpox vaccine, including people:

- Whose immune system is not working normally due to disease, medication, or radiation.
- With a current and/OR childhood history of eczema (also known as atopic dermatitis, persistent rashes).
- With current skin conditions, such as burns, impetigo, contact dermatitis, chickenpox, shingles, psoriasis, or uncontrolled acne, until the condition clears up. Any skin problem should be evaluated.
- Who are pregnant or could be pregnant.
- With a household or intimate contact who meets any of the above conditions.
- With serious heart or blood vessel conditions (such as angina, heart attack, coronary artery disease, congestive heart failure, stroke, other cardiac problems).
- With 3 cardiac risk factors (smoking, high blood pressure or cholesterol, diabetes, family history of heart disease).
- Using steroid eye drops or ointment.
- Who are breastfeeding mothers.
- Who had problems after previous doses or are allergic to the vaccine or any of its components.

Women should avoid getting pregnant for 4 weeks after smallpox vaccination.

Protection against smallpox is essential for military and civilian personnel supporting Overseas Contingency Operations.

How do you care for the smallpox vaccination site?

- ✓ *ALWAYS* wear bandages, wear sleeves and wash your hands.
- ✓ Dispose of bandages in sealed or double plastic bags.
- ✓ Don't touch any smallpox vaccination site. *Don't let other people touch your site or materials that touched it.*
- ✓ Avoid close contact with people who cannot receive the vaccine for 30 days after vaccination AND the vaccine site has healed. Do not share a bed or bunk with them. Do not share clothes, towels, linen, or toiletries.
- ✓ Keep site dry. With bathing, keep covered or dry avoiding spread of virus. Avoid rubbing, swimming, contact sports, and topical medication.
- ✓ Launder clothing, towels, & sheets in hot water with detergent or bleach.

Follow these instructions, or you could harm yourself or others. Adverse events after vaccination should be reported to the vaccine adverse events reporting system (VAERS). Submit VAERS online at http://vaers.hhs.gov/ or call 1-800-822-7967.

Smallpox Vaccination Site

Day 4 Day 6 Day 8

Note: If your vaccination site does **NOT** look like one of the pictures above on Days 6 to 8 after vaccination, see your healthcare provider.

What should I expect after vaccination?

If vaccination is successful, a red and itchy bump forms at the vaccination site in 2 to 4 days. Over the next few days, the bump becomes a blister and fills with pus. During the second week, the blister dries up and a scab forms. The scab falls off after 2 to 4 weeks, leaving a scar. People vaccinated for the first time may have a larger reaction than those being revaccinated.

Anyone who does not get the expected reaction needs to be revaccinated. If you have a question or concern about the smallpox vaccination site, contact your primary-care manager or healthcare provider.

Virus is present on the skin at the vaccination site up to 30 days after vaccination and until the site is healed. Be careful not to touch the vaccination site, so you don't spread virus elsewhere, especially to the eyes, nose, mouth or genitalia (or to others).

Always wear bandages, wear sleeves and wash your hands frequently with alcohol-based hand sanitizer or soap and warm water.

If you develop chest pain, shortness of breath, or other heart symptoms within 30 days after vaccination, seek immediate medical care.

If you need medical care in the month after your vaccination, tell your provider you just received a smallpox vaccination.

Inform your civilian employer that you were recently vaccinated.