

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 70-79 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.

Keep your own record of vaccinations

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

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
Prevnar 13®					Recommended at diagnosis
Pneumovax 23 (At least 2 months after Prevnar 13®)					Recommended at least 2 months after Prevnar 13
Shingrix vaccine					2 dose course recommended for those aged 70-79
COVID-19 vaccine					3 dose primary course & boosters as recommended

What vaccinations should I have?

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

'Flu vaccine

This may not work for you as well as for people without CLL, but it should offer at least some protection. 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 some time apart. These are known as Prevnar 13® (child vaccine) and the usual Pneumovax 23. You should talk to your CLL consultant about having these. Your G.P. may not be aware of this. This can be repeated every 5 years. Your doctor will advise when you may need to renew it.

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 two further boosters 3 to 6 months apart. It is likely that further booster doses will be recommended in future.

Shingrix vaccine

Protects against shingles. Available for those aged 70–79 years old.

Adapted from Walewska, R, Parry-Jones, N, Eyre, TA, Follows, G, Martinez-Calle, N, McCarthy, H, et al. (2022). Guideline for the treatment of chronic lymphocytic leukaemia. Br J Haematol. 2022; 00: 1– 14. <https://doi.org/10.1111/bjh.18075>

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.clisupport.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/clisupport