

Recommended vaccines for adults

(you have to buy most of them at the pharmacy, then have them done and registered with your GP)

This text is about (including newer) vaccines that you can request from your GP, in addition to classics such as the flu, the shot against diphtheria-whooping cough and Covid, about which there are other sources of information (for example www.laatjevaccineren.be). We will also not discuss travel vaccines here: see <https://www.wanda.be/nl/landen/>. Listed prices may be a little lower on pediatric doses of the brands listed.



You can buy any vaccines you want in the pharmacy with a prescription from your GP, then have them administered by your GP. You can also contact our nursing staff for the prescription and administration of the syringe.

Most recent news is in red.

Pneumococcal (cause of many pneumonias): recommended from 50 years of age

• First vaccination

o Preferred schedule for all target groups: 1 dose of Apexxnar (67 euros, limited to 12 euros between 65 and 80 years in the presence of chronic risks and provided a prescription states 'apply third party payer').

o Alternative schedule: 1 dose of Vacneuvrance (74 euros), followed by 1 dose of Prevenar 23 (33 euros) with an interval of at least 8 weeks in adults with an increased risk of pneumococcal infections and adults with co-morbidity, at least 1 year in healthy people between 65 and 85 years of age.

• Repeat vaccinations:

o adults with an increased risk of pneumococcal infections: 1 dose of Prevenar 23 (EUR 33) every 5 years.

Zona (Herpes Zoster)

Zona is a late complication of chickenpox, often suffered by the patient decades earlier. Later in life, Zona can be very difficult and lead to months of discomfort, sometimes exhaustion due to pain and sometimes hospitalization.

Special zona vaccines are more expensive (Shingrix .163 euros) and have recently been recommended by the Supreme Health Council for everyone aged 60 and over.

RSV (= respiratory syncytial virus = serious lung diseases that often require hospitalization in children and the elderly).

RSV infections often lead to hospital admission, sometimes fatally, in people over 60 years of age who also have a chronic illness (and/or are seriously overweight). The RSV vaccine is therefore strongly recommended for people over 60 with at least one risk factor for serious RSV

disease. It is a single injection that works for at least three years, possibly longer (this is still under study).

In consideration of the seasonality of RSV, September and October are the preferred months for vaccination.

Recommended for people > 60 years (Abrysvo, €185 or Arexvy, €206): 1 injection, protects for at least 3 years, possibly longer (to be monitored in studies).

For pregnant women: (Abrysvo 185 eur) . The Flemish High Health Direction (HGR) recommends the following use of preventive RSV aids: the vaccine is approved for use in Europe from 24 weeks of pregnancy. Highly recommended between 28 to 36 for pregnant women. It protects the newborn against developing this serious lung disease for many months afterwards.

Meningococci (types A C W Y)

Meningococci cause meningitis, a rare but serious disease. Vaccines exist separately for types A, C, W and Y and another vaccine against Meningococcus (type B).

- Meningococcal types A,C, W, Y (who got this free child)

Since 1/7/2023 included in the free vaccines for every child (highly recommended). Those who previously received the free basic vaccines in Flanders received a vaccine that only protected against Meningococcus type C.

- Meningococcus types A, C, W, Y (when traveling, 1 syringe)

Not necessary for every traveler. Can be given as a precaution: only once needed (at least 10 days before travel). Buy it yourself in a pharmacy (Nimenrix, €52) with a prescription from your GP, then have it done by your GP or their nurse.

Hepatitis A

Hepatitis A is a flu-like illness with jaundice. It is the less serious form of viral hepatitis, but can be serious in people with severe chronic diseases, especially in the liver. It is also suggested for mental disability (with admission to a facility) and STD risk.

The vaccine is often requested in a two-in-1 syringe against hepatitis (= against A and B together) at a limited additional cost compared to the syringe against hepatitis A alone (which is almost never requested, unless in a case in the home or in the immediate vicinity, useful when given within 14 days of contact). Two syringes provide 25 years of protection, 1 syringe already provides 1 year of protection. Sometimes reimbursed for healthcare staff: see <https://www.fedris.be/nl/search/node/voordeel%20vaccines>.

Brands for Hepatitis A only (of your choice): Two injections, with an interval of 6 to 12 months (Havrix®, €30), 6 to 18 months (Vaqta® €45) or 6 to 36 months (Avaxim®, €43) .

Hepatitis B

Hepatitis B is a severe jaundice that does not always cure. Transfer usually occurs through intimate contact or contaminated material (e.g. non-sterile syringes, needles or razor blades). Prevention is important in healthcare professions, in the case of serious chronic illness, those who have an infected loved one, some travel and sexual risk behavior. Reimbursement is

possible at Fedris for work or internship in healthcare:
<https://www.fedris.be/nl/search/node/voordeel%20vaccines>.

During a routine blood test at the GP, it is often checked upon request whether the vaccinated person (still) has enough antibodies: either before starting vaccination (a requirement when applying for reimbursement) and also 20 years after the vaccination.

Brand names (of your choice):

Engerix €28, Fendrix €51, HBvaxPro €23 (high dose, 40 mcg, for severe kidney disease: €63).

Simultaneous vaccination for Hepatitis A and B (two-in-one syringe)

Like Hepatitis B vaccines, this vaccine must be given three times every six months (month “zero” = start and months 1 and 6). It usually provides protection for more than twenty years. This can be checked in blood samples. Brand name: Twinrix (51 euros).

Rabies (rabies).

Useful for those who walk in remote nature and on some trips. Brand: Rabipur, 65 € in pharmacy. Two injections are required, with at least 7 days in between.

Tick-bite encephalitis (Früh Sommer Encephalitis, FSE)

Useful for those who walk in remote nature and on some trips. The vaccine protects against this form of encephalitis. Tick saliva sometimes contains bacteria (the cause of Lyme disease, treatable with antibiotics) but also sometimes viruses, for which there is no treatment but a vaccine: FSME.

Vaccine: FSME, €39/syringe in pharmacy. Required: 2 injections with an interval of 1 to 3 months (or 14 days if there is insufficient time), followed by a third injection 5 to 12 months after the second injection. At least 2 injections before departure. Repeat (if necessary) after three years, then every five years, after 60 again every three years.

Flu (regular vaccine or high dose vaccine)

The regular flu vaccine is recommended for everyone with a chronic illness and also for everyone aged 60+. It can be bought in the pharmacy, from the age of 50 also without a prescription (also at the best price, under 50 only WITH a prescription). Brand names Inluvac, Alfarix, Vaxigrip (17 euros, with reimbursement of 4 euros co-payment).

In theory, the high-dose vaccine is recommended for ages 80+ because fewer antibodies are then produced. It requires a prescription. Brand: Efluelda (40 eur. Partially reimbursed at 75+ with prior application to health insurance (65+ for residents of institutions)). The benefits of the high dose have not yet been proven.

The flu vaccine is recommended annually in or around November. The protective effect is not 100%, especially because unexpected variants of the flu can emerge.