

15. Can I have vaccinations whilst I am on medication for my condition?

If your immune system is suppressed due to medication, it is particularly important that you are adequately protected. If you are receiving treatment with immunosuppressive drugs such as methotrexate, leflunomide (Arava), azathioprine, adalimumab (Humira), etanercept (Enbrel) and infliximab (Remicade) you should avoid 'live' vaccinations: these include **oral polio** vaccine, **yellow fever** vaccine and **german measles**.

An alternative inactivated polio vaccine is available, if required. You should also avoid contact, where possible, with adults or children who have received the 'live' oral polio vaccine, for 6 weeks after vaccination: in particular you should not change babies' nappies, since they will excrete the live polio virus in their faeces for this time.

Vaccination against yellow fever may be an entry requirement for some countries and you are advised to discuss this with the rheumatology team prior to making your travel arrangements.

If you are planning to travel abroad, you should seek advice from your GP at least 6 weeks before your departure, since some vaccinations may need ordering for you.

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