

Medical Conditions and Allergies for which Covid-19 Vaccines are Counter-Indicated

This list is divided into "As Recognized by the CDC" and "As Recognized by Physicians."

It is extremely important to understand that the Center for Disease Control (CDC) is not the ultimate authority on what medical conditions are counter-indicated for any of the vaccines, ***your doctor is***. The conditions and allergies to the components in the first category are not exhaustive, they are merely those currently acknowledged by the CDC itself. History has shown us that whatever a government agency is currently acknowledging, will be added to and expanded on as more information becomes available to the public. The second category are conditions that have been recognized by individual physicians as incompatible for mRNA vaccines. This list is also not intended to be exhaustive, as any medical condition requires an individualized assessment, diagnosis, and recommendation.

As Recognized by the CDC:

- 1) Having already experienced an immediate allergic reaction, of any severity, to a previous dose of either mRNA Covid-19 Vaccine or any of its components.
- 2) Known allergy to Polyethylene glycol [PEG], a common ingredient in medications and vaccines.
- 3) Known allergy to Polysorbate (due to potential cross-reactive hypersensitivity with the vaccine ingredient PEG).
- 4) See CDC Chart below of ingredients, "as reported in the prescribing information," which means, as reported by Pfizer and Moderna directly and not independently verified by the CDC:

Ingredients* included in mRNA COVID-19 vaccines		
Description	Pfizer-BioNTech	Moderna
mRNA	nucleoside-modified mRNA encoding the viral spike (S) glycoprotein of SARS-CoV-2	nucleoside-modified mRNA encoding the viral spike (S) glycoprotein of SARS-CoV-2
Lipids	2[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide	PEG2000-DMG: 1,2-dimyristoyl-rac-glycerol, methoxypolyethylene glycol
	1,2-distearoyl-sn-glycero-3-phosphocholine	1,2-distearoyl-sn-glycero-3-phosphocholine
	cholesterol	cholesterol
	(4-hydroxybutyl)azanediylbis(hexane-6,1-diyl)bis(2-hexyldecanoate)	SM-102: heptadecan-9-yl 8-((2-hydroxyethyl) (6-oxo-6-(undecyloxy) hexyl) amino) octanoate
Salts, sugars, buffers	potassium chloride	Tromethamine
	monobasic potassium phosphate	Tromethamine hydrochloride
	sodium chloride	Acetic acid
	dibasic sodium phosphate dihydrate	Sodium acetate
	sucrose	sucrose

*As reported in the prescribing information

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Image caption: Slide 21 of a CDC PowerPoint Presentation found on the California Department of State Hospitals website, listing ingredients of the vaccines (as reported by Pfizer and Moderna) to which any previous "immediate allergic reaction" to is a counter-indication for receiving that vaccine. https://dsh.ca.gov/COVID-19/docs/Vaccination/COVID-19_Vaccines_Update_on_Allergic_Reactions_Contraindications_and_Precautions.pdf

Direct quote and recommendation by current CDC Guidelines (as of writing in Feb. 2022):

"Persons with an immediate allergic reaction to the first dose of an mRNA vaccine should not receive additional doses of either of the mRNA COVID-19 vaccines."

As Recognized by Physicians:

- 1) History of Guillain-Barre Syndrome
- 2) History of Bell's Palsy
- 3) Pregnant or Breastfeeding
- 4) History of certain auto-immune conditions and immunocompromise due to certain medications and treatments, including but not limited to:
 - a) Cancer, radiation, and chemotherapy
 - b) Certain HIV medications and treatments, AIDS
 - c) Multiple Sclerosis and some associated medications and treatments
 - d) Rheumatoid arthritis and some associated medications and treatments
 - e) History of serious allergies to many ingredients in food and/or medications
 - f) Fibromyalgia
- 5) History of cardiovascular diseases or conditions, including but not limited to:
 - a) Recent (within the past 3 months) myocarditis or pericarditis
 - b) Acute rheumatic fever or acute rheumatic heart disease (with active myocardial inflammation)
 - c) Acute decompensated heart failure
 - d) Congestive heart failure
 - e) Currently have a stent placed in one or more arteries
 - f) History of heart attack(s)
- 6) Mental Illness, including but not limited to:
 - a) Panic and Anxiety Disorders, and some associated medications
 - b) Clinical Depression, and some associated medications
 - c) Mood Disorders, and some associated medications
 - d) Psychosis and Schizophrenia, and some associated medications

To reiterate, **the above list is by no means exhaustive**. It is meant to provide a reference point for the types of conditions and medications that many physicians have valid medical concerns about combining with the Covid-19 vaccines. The easiest way to think about it is that there are currently three Covid-19 vaccines on the market, **two are mRNA** (Pfizer and Moderna) and **one is a so-called "traditional vaccine"** (Johnson & Johnson). The mRNA vaccines can be problematic for immunocompromised people and people on certain psychotropic medications **due to their method of using the "spike protein,"** while the traditional vaccine has **much higher risk of myocarditis**--which of course can be much deadlier or life-threatening to individuals with existing heart issues.

The list above is also not meant to say that anyone with any of the above conditions or on related medications is "automatically" exempt. It means that if you have any of the above conditions, a doctor could reasonably determine (after an individual evaluation of your particular risks) that the safer option for you is to defer the vaccine at this time. **This helps make for a stronger case when requesting a medical exemption, and makes it more likely that such exemption will be approved.**

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