### VariZIG Recommendations:

- **VariZIG** is recommended for post-exposure prophylaxis for persons exposed to varicella or herpes zoster who are at increased risk for severe disease, lack evidence of immunity to varicella, and have a contraindication to varicella vaccine. The CDC recommends the following patient groups receive VariZIG:
  - Immunocompromised patients without evidence of immunity.
  - Newborn infants whose mothers have signs and symptoms of varicella around the time of delivery (i.e., 5 days before to 2 days after).
  - Hospitalized premature infants born at ≥28 weeks of gestation whose mothers do not have evidence of immunity to varicella.
  - Hospitalized premature infants born at <28 weeks of gestation or who weigh ≤1,000 g at birth, regardless of their mothers’ evidence of immunity to varicella.
  - Pregnant women without evidence of immunity.

- **VariZIG** should be administered as soon as possible (ideally within 96 hours) following exposure to varicella zoster virus for greatest effectiveness and within 10 days.

- The decision to administer varicella immune globulin depends on the following 3 factors:
  1) whether the patient lacks evidence of immunity to varicella
  2) whether the exposure is likely to result in infection
  3) whether the patient is at greater risk for varicella complications than the general public

- For high-risk patients who have additional exposures to varicella-zoster virus ≥3 weeks after initial varicella immune globulin administration, another dose should be considered.

- Patients who become eligible for vaccination should receive varicella vaccine ≥5 months after VariZIG administration.

### Contraindications

- History of anaphylactic or severe systemic reactions to human globulins.
- IgA-deficient patients with antibodies against IgA and history of hypersensitivity.

### Precautions

- Observe for thrombotic events in persons with history of atherosclerosis, multiple cardiovascular risk factors, advanced age, impaired cardiac output, etc.

### Adverse Reactions

- Pain at injection site
- Headache

### How to Obtain VariZIG

VariZIG can be ordered from:

- **FFF Enterprises**
  Temecula, California
  800-843-7477
  [www.ffenterprises.com](http://www.ffenterprises.com)

- **ASD Healthcare**
  Frisco, TX
  800-746-6273
  [www.asdhealthcare.com](http://www.asdhealthcare.com)

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For more information on Varicella Zoster Immune Globulin or any recommended vaccines, visit the Immunization Program website at [http://publichealth.lacounty.gov/ip/providers/B71.htm](http://publichealth.lacounty.gov/ip/providers/B71.htm) or call (213) 351-7800.