



ETA-Public Health Board

Vaccination and Thyroid Disease

With the aim of collaboratively contributing to informing the public regarding COVID -19 vaccination of patients with thyroid diseases, while fully confirming the efficacy and safety of the several vaccines available, the Public Health Board of the ETA has been happy to hereby collate, preface, and present online the relevant COVID vaccination Statements of the European Society of Endocrinology (ESE) and of the American Thyroid Association (ATA), both Associations affiliated with the ETA, as well as a Statement issued by the Istituto Auxologico of Milan. All Statements clearly and comprehensively address the various questions posed by thyroid patients concerning, for example, the safety of the vaccines, the importance of being vaccinated, possibilities of side effects, prioritization of vaccination for these patients, and others.

Several ETA experts repeatedly received questions similar to the one here below:

“Hi, I have the Autoimmune Hashimoto Thyroiditis, can I receive the anti-COVID vaccine?”

The leaflets approved by EMA for the anti-COVID vaccines includes among the conditions to be notified prior to the administration those associated with immunodeficiencies or defective immune responses, including immunosuppressive treatments:

This note is also included in the Informed Consent to be signed prior to the administration.

It is therefore useful to give the following information on the autoimmune endocrine diseases, such as:

- Hashimoto thyroiditis (also called Chronic autoimmune Thyroiditis associated or not with Hypothyroidism);
- Graves'-Basedow Disease (Autoimmune Hyperthyroidism)
- Addison's Disease (also called Autoimmune Hypocortisolism);
- Diabetes Mellitus type 1.

These autoimmune conditions do not represent contraindications for the anti-COVID vaccination.

Likewise, the administration of corticosteroids for replacement purposes of hypocortisolism of adrenal or pituitary origin (eg, cortone acetate or hydrocortisone) does not represent a condition of immunosuppression nor a contraindication for anti-COVID vaccination.

See similar recommendations from the American Thyroid Association <https://www.thyroid.org/covid-19> and the European Society of Endocrinology <https://www.es-e-hormones.org/about-us/our-communities/clinicians/covid-19-and-endocrine-disease>

Consequently, patients in a particularly impaired state of health, such as patients with diabetes mellitus, pituitary- or adrenal insufficiency, severe autoimmune defects with lung, cardiovascular or systemic involvement, severe obesity (BMI>35 kg/m²) or those on oncological or immune-suppressive therapies are vulnerable to COVID-19 and should be considered for a prioritized vaccination.

On behalf of the ETA-Public Health Board

We acknowledge the good collaboration with the Istituto Auxologico of Milan.