

New-onset chronic spontaneous urticaria post-COVID-19 vaccination—South African case series



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Background: Chronic spontaneous urticaria (CSU) is defined as the spontaneous occurrence of hives, angioedema, or both for more than 6 weeks; several inciting triggers including vaccines have been implicated. Coronavirus disease 2019 (COVID-19) vaccinations have been well tolerated by patients with CSU.

Objective: To provide details of the first case series of new-onset CSU post-COVID-19 vaccination in Africa and summarize the global literature of reported cases to date.

Methods: All patients referred to our Urticaria Center of Excellence in Cape Town from the initiation of the COVID-19 vaccine rollout in South Africa (from February 2021 to August 2022) were reviewed to identify patients who developed new-onset CSU within 12 weeks of receiving a COVID-19 vaccine. Medical history, physical examinations, and laboratory investigations were reviewed.

Results: More than 20 million adults received COVID-19 vaccinations in South Africa during the study period. Eight patients had new-onset chronic urticaria post-COVID-19 vaccination; 6 of the 8 patients were female, the median age was 41 years (interquartile range [IQR], 38-44), and all had a history of atopy. Only 1 reported COVID-19 infection post vaccination. Chronic urticaria occurred following Pfizer-BioNTech, AstraZeneca, and Janssen Ad26.COV2.S vaccination in 6, 1, and 1 patient, respectively, with a median of 12 days (IQR, 3-38) from vaccination to symptoms onset. The baseline median score for Urticarial Activity Score 7 was 34 (IQR, 29-40), and 5 of the 8 patients (63%) had a total IgE level of more than 43 IU/L. All patients received high-dose antihistamines, with only 3 patients controlled.

Conclusions: New-onset CSU can rarely be triggered by COVID-19 vaccinations, most commonly mRNA vaccines.

COVID-19 vaccine-triggered CSU appears to have a phenotype similar to that triggered by other inciting agents and across populations. (J Allergy Clin Immunol Global 2023;2:100154.)

Key words: Chronic spontaneous urticaria, COVID-19 vaccine, COVID-19 vaccine allergy, new-onset CSU

Chronic spontaneous urticaria (CSU) is a mast cell-driven disease characterized by the spontaneous occurrence of hives (wheals), angioedema, or both for a duration of more than 6 weeks.¹ Its pathophysiology is not fully understood; however, current accepted mechanisms include IgE and IgG autoantibodies, which predispose to mast cell and basophil activation, and involvement of coagulation and complement cascades.² Ongoing chronic urticaria can have a profound negative impact on a patient's quality of life.³ Several risk factors have been described for chronic urticaria, but strong causal relationships are limited. In contrast to acute urticaria, in which infections and drugs are the commonest associated triggers, chronic urticaria is most commonly associated with autoimmune diseases (AIDs), particularly autoimmune thyroiditis.^{4,5} Atopic diseases have also been identified as risk factors, as well as several states associated with chronic low-grade inflammation, for example, obesity, vitamin D deficiency, chronic infections such as *Helicobacter pylori*, and malignancy.^{2,6} Vaccinations, although not a clearly established risk factor for CSU, have been associated with the development of CSU. These include vaccines against hepatitis B virus, human papillomavirus, influenza, yellow fever, and diphtheria-tetanus-pertussis.⁷

The coronavirus disease 2019 (COVID-19) pandemic has led to an estimated 649 million infections, and the world's largest vaccine rollout, with 13 billion vaccine doses given to date.^{8,9} Cutaneous manifestations during severe acute respiratory syndrome coronavirus 2 infection have been well described, with prevalence between 0.2% and 20.4%.¹⁰ Reported dermatological clinical patterns include the following: pseudo-chilblain; vesicular, urticarial, and maculopapular rashes; livedo/necrosis; vasculitides; pityriasis rosea- and erythema multiforme-like rashes; and others.¹⁰⁻¹² Acute urticarial eruptions, along with angioedema in certain cases, have occurred before, during, or after the onset of systemic symptoms, and all have resolved within 6 weeks.¹³ At the time of writing, there was no available literature describing new-onset CSU post-COVID-19 infection, only the exacerbation of symptoms in a fifth of known patients with CSU.^{14,15} However, in the authors' experience, new-onset CSU can occur post-COVID-19 infection. Various studies have described cutaneous reactions post-COVID-19 vaccination and, after local injection-site reactions, urticaria and angioedema are the most common cutaneous adverse events.¹⁶⁻¹⁸ Most of these reactions start more than 24 hours post vaccination and are self-limiting before 6 weeks.

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Abbreviations used

AID:	Autoimmune disease
CIndU:	Chronic inducible urticaria
COVID-19:	Coronavirus disease 2019
CSU:	Chronic spontaneous urticaria
ESR:	Erythrocyte sedimentation rate
IQR:	Interquartile range

In this article, we detail the first case series of chronic urticaria post-COVID-19 vaccination in Africa and summarize the global literature of reported cases to date. Although rare, allergists and dermatologists need to be alerted to this phenomenon, especially given the development and continued rollout of new COVID-19 vaccinations.

METHODS

UCARE/ACARE (Urticaria Centers of Reference and Excellence/Angioedema Centers of Reference and Excellence) is currently the only center of excellence for patients with urticaria in Africa, with referral from both Cape Town and other parts of South Africa. During the COVID-19 vaccine rollout, one of the authors (J.P.) had served on the National Immunisation Safety Executive Committee, which reviews all vaccine-related adverse events reported to the South African Health Pharmacy Regulatory Authority. Using these mechanisms, patients who developed new-onset chronic urticaria within 12 weeks of receiving a COVID-19 vaccine during the South African rollout (from February 2021 to August 2022) were identified. Demographic information, medical history, response to therapy, physical examination, and available

laboratory investigations were reviewed by clinic physicians. This study was approved by the University of Cape Town Human Research Ethics Committee (HREC633/2018).

CSU was diagnosed and assessed according to the European Academy of Allergology and Immunology guidelines. Demographic information collected included age, sex, and Fitzpatrick skin tone. Important medical history included comorbidities, allergic history, history of previous COVID-19 infection, COVID-19 vaccination history, and specific history related to urticaria and/or angioedema post-COVID-19 vaccination. When available, scores for the Urticarial Activity Score 7 and the Chronic Urticaria Quality of Life questionnaires were collected. Physical examination findings collected were height, weight, and any evidence of allergic disease or AID. Laboratory investigations related to risk factors for CSU and autoallergy versus autoimmune CSU phenotypes included HbA_{1c}, thyroid and other autoantibodies, total IgE and eosinophilia, and evidence of chronic infections such as elevated erythrocyte sedimentation rate (ESR) and specific infections including HIV and *H pylori*.

RESULTS

During the South African COVID-19 vaccine rollout, 37 million vaccines had been administered, with 51.7% of the adult population vaccinated.¹⁹ Tables I and II provide details of and the summary statistics for the 8 patients who developed new-onset chronic urticaria within 12 weeks post-COVID-19 vaccination. Most were female (n = 6 [75%]), with a median age of 41 years (interquartile range [IQR], 38-44), and cases involved all Fitzpatrick skin tones. Two patients developed cholinergic chronic inducible urticaria (CIndU), whereas the other patients had CSU. One of the patients with CSU had associated cholinergic CIndU. Of the 6

TABLE I. Description of patients who developed new-onset CSU/CIndU post-COVID-19 vaccination

Age (y)	Sex	Fitzpatrick skin tone type	Medical history/comorbidities	Allergy history	CSU post	Time of onset post-COVID-19 vaccination (d)	Vaccine	CSU vs CIndU
40	Male	II	Obesity	Atopic dermatitis	Second dose	30	Pfizer-BioNTech	CIndU (cholinergic)
32	Female	III	Peptic ulcer disease	Allergic rhinitis, contact dermatitis (nickel, chrome), childhood atopic dermatitis	First dose	1	Pfizer-BioNTech	CSU
39	Male	III	Childhood leukemia	Allergic rhinitis, penicillin allergy	Second dose	60	Pfizer-BioNTech	CSU
41	Female	IV	Staphylococcus colonization	Atopic dermatitis	First dose	14	Pfizer-BioNTech	CSU and CIndU (cholinergic)
38	Female	IV	GORD, previous GSW both legs	Allergic rhinitis, atopic dermatitis, asthma	Second dose	44	Pfizer-BioNTech	CSU
45	Female	V	Nil	Allergic rhinitis	First dose	2	Janssen	CSU
64	Female	II	Osteoporosis, rheumatoid arthritis, NAFLD, depression	Aquagenic pruritis	First dose	10	Pfizer-BioNTech	CSU
42	Female	III	Osteopenia	Childhood atopic dermatitis, peanut allergy	First dose	7	Astra Zeneca Janssen	CIndU (cholinergic)

GORD, Gastroesophageal reflux; GSW, gun shot wound; NAFLD, nonalcoholic fatty liver disease.

TABLE II. Summary statistics of patients who developed new-onset CSU or CIndU post-COVID-19 vaccination

Variable	Value
Age (y), median (IQR)	41 (38-44)
Sex, female, n (%)	6 (75)
Allergy history, n (%)	
Allergic rhinitis	5 (63)
Atopic dermatitis	5 (63)
Contact dermatitis	1 (13)
Drug allergy (penicillin)	1 (13)
Food allergy	1 (13)
COVID-19 infection before vaccination, n (%)	0 (0)
COVID-19 infection postvaccination, n (%)	1 (13)
Type of vaccine, n (%)	
Pfizer-BioNTech	6 (75)
Janssen	1 (13)
AstraZeneca	1 (13)
Diagnosis, n (%)	
CSU	6 (75)
CIndU	2 (25)
UAS7 score, n = 6, median (IQR)	34 (29-40)
CU-QoL score, n = 4, median (IQR)	62 (43-72)
Symptoms, n (%)	
Urticaria only	2 (25)
Angioedema only	1 (13)
Urticaria and angioedema	5 (63)
Time (d) from vaccination to symptoms, median (IQR)	12 (3-38)
Time (d) from symptoms onset till diagnosis, median (IQR)	105 (60-233)
Duration (mo) of symptoms to date (IQR)	20 (10-23)
BMI, n = 6	30 (25-36)
Investigations	
Total IgE (IU/L), n = 8, median (IQR)	172.5 (15.3-736.3)
Elevated IgE > 43 (IU/L), n = 8 (%)	5 (63)
Eosinophil count ($\times 10^9/L$), n = 7, median (IQR)	0.15 (0.04-0.24)
Eosinophilia	0
Deranged thyroid function, n = 8	0
Elevated thyroid autoantibodies, n = 7	0
Vitamin D deficiency, n = 5 (%)	2 (40)
Elevated ESR (mm/h), n = 6 (%)	1 (16.7)
Positive ANA, n = 7	0
Abnormal serum protein electrophoresis, n = 7	1 (16.7)
Elevated tryptase (1-15 $\mu g/L$), n = 4	0
Treatment	
High-dose antihistamines	8 (100%)
Montelukast	4 (50%)
No response to treatment	0
Partial response to treatment	5 (63%)
Complete resolution on first-line treatment	1 (12.5%)
Complete resolution, subsequently off-treatment	2 (25%)

ANA, Antinuclear antibody; BMI, body mass index; CU-QoL, Chronic Urticaria Quality of Life; UAS7, Urticarial Activity Score 7.

patients with CSU, 4 had both urticaria and angioedema, 1 had isolated urticaria, and 1 had isolated angioedema. All patients had a history of atopy, with 4 patients reporting multiple atopic diseases, most frequently allergic rhinitis (n = 5) and atopic dermatitis (n = 5). However, none of the patients had had anaphylaxis or previous adverse reactions to vaccines. One patient had a history of quiescent rheumatoid arthritis, but no other AIDs were noted. Only 1 patient acquired COVID-19 infection, which was mild. Infection occurred post vaccination and did not have an impact on CSU symptomatology. Five patients reported symptoms after receiving

their first COVID-19 vaccine and 3 after their second dose of the vaccine. Three patients received subsequent vaccine doses, and all 3 experienced CSU flares. The mRNA Pfizer-BioNTech vaccine was most frequently implicated (n = 6 [75%]), but there were single cases of both adenovirus vector vaccines (AstraZeneca and Janssen Ad26.COV2.S). The median time from vaccination to onset of symptoms was 12 days (IQR, 3-38 days); however, the time from symptom onset to diagnosis was prolonged, with a median of 105 days (IQR, 60-233 days). Initial scores for Urticarial Activity Score 7 were available for 6 patients, with a median score of 34 (IQR, 29-40), indicating severe baseline disease activity. Body mass index values were available for 6 patients (median, 30 [IQR, 25-36]), with only 1 patient having a normal body mass index (16.7%), whereas 2 were overweight (33.3%) and 3 were obese (50%).

Laboratory results are presented in Table II. All patients had normal white cell counts and eosinophil counts (median, 0.15×10^9 [IQR, 0.04-0.24]), with 5 patients having an elevated total IgE level (>43 IU/L; median, 88.7 g/L [IQR, 10.25-504.5 g/L]). Only 1 patient had a mildly elevated ESR. All patients had negative autoantibodies, were euthyroid, and none had antithyroid peroxidase antibodies in the serum. All patients were HIV-negative, and only 1 patient had a positive IgG for *H pylori*. One patient had elevated free κ light chains on serum protein electrophoresis, and 2 were diagnosed with a vitamin D deficiency.

All patients were started on high-dose second-generation H₁ antihistamine (at 4 times the daily dose); only 2 patients achieved complete control on this therapy, 5 patients had a partial response to therapy, and 1 patient was unresponsive. The patient with no initial response was diagnosed with cholinergic urticaria and experienced symptom improvement when there was a change from cetirizine to fexofenadine. This did, however, coincide with a seasonal change from spring to winter. In addition, this patient's symptoms fully resolved after 7 months, and he has subsequently stopped all therapy. Four of the patients with only partial response were also initiated on montelukast therapy. One patient had a good response to dual therapy, whereas the other 3 achieved only mild additional symptom relief. Subsequently, 1 patient is awaiting approval for omalizumab therapy, 1 patient is part of a clinical trial for CSU with remibrutinib as the active therapy, and 2 other patients are awaiting enrollment in a clinical trial for barzolvolimab in CSU. Of note, the treatment of comorbid conditions identified (vitamin D deficiency and *H pylori* infection) did not improve the CSU symptoms.

DISCUSSION

Chronic urticaria is a prevalent condition occurring across the world. Despite a growing understanding of the pathogenesis of both CSU and CIndU, the inciting events and pathways are poorly understood.² Uncommonly, vaccination has been implicated as an inciting event in new-onset CSU.⁷ Thus, the mass COVID-19 vaccination effort, with more than 13 billion doses administered worldwide, represents a unique opportunity to consider vaccines as CSU triggers. Fortunately, COVID-19 vaccination seems to be a very rare trigger for new-onset CSU. Table III²⁰⁻²⁹ provides a summary of the available literature, and our case series of 8 patients contributes to this knowledge base. In contrast, a multinational study of 2769 patients with preexisting chronic urticaria noted that vaccination exacerbated urticaria in approximately 16% of patients.³⁰

The profile of our patients with CSU post vaccination is consistent with that in other case reports and series, with a

TABLE III. Summary of CSU case reports and series available in the literature

Publication	Country	COVID-19 vaccine	Vaccine type	No. of cases	CSU post	Delay of onset	Treatment	Resolution	Sex	Age (y)	Comments
de Montjoye et al ²⁰	Belgium	Moderna	mRNA	1	First dose	2 days	Anti-H ₁ , sCS, cyclosporine	No	Female (75%)	56.5 (median)	Authors postulate that CSU onset in this case series not linked to AID
		AstraZeneca	VV	4	First and second doses	1-15 days	Anti-H ₁ , omalizumab	75%			No history of previous COVID-19 infection
		Pfizer-BioNTech	mRNA	3	First dose	7-18 days	Anti-H ₁ , sCS, omalizumab	67%			
Magen et al ²¹	Israel	Pfizer-BioNTech	mRNA	32	Not noted	Not noted	Not discussed	Not discussed	Female (65.6%)	41.2 (mean)	No statistically significant associations in the new-onset CSU group
Thomas et al ²²	United States	Pfizer-BioNTech	mRNA	1	Second dose	7 days	Anti-H ₁	Symptom control but no resolution	Male	Early 20s	New-onset CSU after second dose of vaccine No previous COVID-19 infection diagnosed
Adame et al ²³	United States	Pfizer-BioNTech	mRNA	1	First dose	7 hours	Anti-H ₁ , sCS	Symptom control but no resolution	Female	35	Patient has concomitant Hashimoto disease, asthma, allergic rhinitis, and Ehlers-Danlos syndrome No previous COVID-19 infection diagnosed
Brooks et al ²⁴	Canada	AstraZeneca	VV	1	First dose	5 days	Anti-H ₁ , sCS, tCS	Yes	Male	60	Asthma, environmental allergies COVID-19 infection not mentioned
Suan and Lee ²⁵	Australia	AstraZeneca	VV	1	Second dose	14 days	Anti-H ₁ , sCS	Good symptom control but no resolution	Male	39	No concomitant illness COVID-19 infection not mentioned
Pescosolido et al ²⁶	Switzerland	Pfizer-BioNTech	mRNA	2	Second or third dose	30 days	Not mentioned	Not mentioned	Female (61%)	44.4 (mean)	22% history of atopy Authors suggest allergic pathophysiology
	Switzerland	Moderna	mRNA	30	Third dose	4-34 days	Anti-H ₁ , sCS	Improvement but no resolution			Only 4 cases of known previous COVID-19 infection
Strahan et al ²⁷	United States	Pfizer-BioNTech	mRNA	1	First dose	4 days	sCS, anti-H ₁ , omalizumab	Resolution with no reaction after third booster dose	Female (66%)	68	1 patient with elevated IgE level; 2 patients with positive SARS-CoV-2 spike antibody test results
	United States	Moderna	mRNA	2	Third dose	11-12 days	Anti-H ₁ , sCS	Improvement but no resolution		24 and 31	
Ben-Fredj et al ²⁸	Tunisia	Moderna	mRNA	2	First in	28.5 days (median)	Anti-H ₁	Resolution 2-6 mo later	Female (70%)	31 (median)	Negative skin prick test results to suspected COVID-19 vaccines as well as vaccine excipients (PEG or PS 80)
		Pfizer-BioNTech	mRNA	4	8 cases						
		AstraZeneca	iVV	2	Second in						
Castro Silva et al ²⁹	Brazil	Sinovac/CoronaVAC	iVV	2	First dose	12 weeks and 4 hours	Anti-H ₁ , sCS, omalizumab in 1 patient	Resolution after 9 wk in 1 patient; improvement for the other patient	Female (100%)	32 and 48	AID (Hashimoto thyroiditis) history in both patients COVID-19 infection history in 1 patient Asthma and allergic rhinoconjunctivitis history in 1 patient

Anti-H₁, H₁ antihistamine; *iVV*, inactivated viral vaccine; *PEG*, polyethylene glycol; *PS 80*, Polysorbate 80; *SARS-CoV-2*, severe acute respiratory syndrome coronavirus 2; *sCS*, systemic corticosteroid; *tCS*, topical corticosteroid; *VV*, viral vector.

predominance of middle-aged female patients and mRNA vaccines most frequently implicated (Table III).^{20,21,23,24,26,27} Our patients developed CSU after their first or second dose of COVID-19 vaccine, whereas other reports include CSU development after the first, second, and even booster doses of vaccine, with 1 case series of 30 patients who developed CSU only after the third booster dose of the vaccine (Table III).^{20,22-26} In the COVAC-CU (Effects of COVID-19 Vaccination on Chronic Urticaria Patients) study, flaring among known patients with CSU was also noted to occur with different doses. Most of our patients had features suggestive of an autoallergic CSU phenotype (elevated total IgE, negative autoantibodies, and normal ESR).

In accordance with other published case series, onset of symptoms post vaccination ranged from a few days to several weeks. CSU causation is complex, involving multiple immune and nonimmune pathways.² Despite a growing number of CSU cases on exposure to vaccination, these cases should be considered as an associated rather than necessarily the *de novo* cause of chronic urticaria.

The components of COVID-19 vaccines involved in either triggering new-onset CSU or exacerbating preexisting chronic urticaria remain unknown, but there are several factors to consider. Numerous cutaneous manifestations to severe acute respiratory syndrome coronavirus 2 infection have been reported, most commonly maculopapular- or papulovesicular-type eruptions as well as an unusual phenomenon known as pernio; urticaria was less commonly reported during or after natural infection.^{31,32} In contrast, acute urticaria and angioedema have been reported as the most common cutaneous manifestations (after local injection-site reactions) following COVID-19 vaccination.^{17,33,34} Furthermore, the mRNA vaccines have been more commonly associated with both acute urticaria and exacerbations of CSU in the COVAC-CU study. These features suggest that it is more likely that vaccine components rather than specifically viral antigens are triggering urticaria post vaccination. Most new-onset CSU cases seem to have an autoallergic rather than autoimmune phenotype (noted commonly among published cases and in those experiencing CSU exacerbations postvaccination). Fortunately, most cases of acute urticaria post vaccination are self-limiting, and it is likely that preexisting genetic or unique immune factors underlie these few cases globally that develop chronic rather than acute urticaria.

Recommendations for any subsequent vaccinations will require shared decision making and be based on a patient-specific risk-benefit analysis, considering the future risk of severe COVID-19, as well as measurement of anti-spike IgG titers.

Cases series are limited in the strength of conclusions that can be made. However, for rare conditions they are important. Although ours is the only UCARE center in the country, and we were able to access information from the regulatory agencies, we cannot be certain that our study has not missed other cases of chronic urticaria developing during the national COVID-19 vaccine rollout. This study also has just provided baseline data, and there is thus need for a further longitudinal study to understand the natural history of chronic urticaria post-COVID-19 vaccination.

Conclusions

COVID-19 vaccination has proven to be safe and effective for patients living with CSU.³⁰ In addition, new-onset CSU following COVID-19 vaccination is rare, with a gross estimated incidence

of 0.2:1,000,000 doses. Nonetheless, it is important to consider and enquire about any potential immune stimulants during the initial assessment of a patient presenting with CSU. Additional data are required to clearly understand the exact pathophysiology, the risk factors, and the best management of new-onset CSU post-COVID-19 vaccination.

DISCLOSURE STATEMENT

Disclosure of potential conflict of interest: J. Peter received speaker fees from Novartis and Takeda. The rest of the authors declare that they have no relevant conflicts of interest.

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Clinical implications: New-onset CSU is a rare adverse event following COVID-19 vaccination. This case series contributes to limited global data on this topic while providing a summary of case reports currently available.

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