

2009 H1N1 Vaccine Information

The following is the most recent information regarding the 2009 H1N1 vaccines, both the nasal spray and the shot.

FluMist: Live Attenuated Influenza Vaccine (LAIV), better known as FluMist, is a nasal spray and is approved for healthy people between the ages of 2 and 49 who are not pregnant.

Groups that should NOT be vaccinated with the nasal-spray flu vaccine LAIV (FluMist):

- People less than 2 years of age
- People 50 years of age and over
- People with a medical condition that places them at high risk for complications from influenza, including those with chronic heart or lung disease, such as asthma or reactive airways disease; people with medical conditions such as diabetes or kidney failure; or people with illnesses that weaken the immune system, or who take medications that can weaken the immune system.
- Children less than 5 years old with a history of recurrent wheezing
- Children or adolescents receiving aspirin
- People with a history of Guillain–Barré Syndrome that occurred after receiving an influenza vaccine
- Pregnant women
- People who have a severe allergy to chicken eggs or who are allergic to any of the nasal spray vaccine components.

Side Effects: In children, side effects can include runny nose, headache, wheezing, vomiting, muscle aches, and fever. In adults, side effects can include runny nose, headache, sore throat, and cough. Fever is not a common side effect in adults receiving the nasal-spray flu vaccine.

For more information regarding FluMist please visit: <http://www.cdc.gov/FLU/about/qa/nasalspray.htm>

H1N1 Flu Shot: Vaccination is the best way to prevent influenza infection and its complications. The expectation is that a vaccine against 2009 H1N1 influenza would probably work in a similar fashion to the seasonal influenza vaccines. The CDC and FDA believe that the benefits of vaccination with the 2009 H1N1 influenza vaccine will far outweigh the risks.

Groups recommended to receive the 2009 H1N1 vaccine first:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

As more vaccine becomes available, these groups should also be vaccinated:

- Healthy 25 through 64 year olds
- Adults 65 years and older

Side Effects May Include: Soreness, redness or swelling where the shot was given; a low grade fever; and aches. The virus in this vaccine, which is necessary, has been killed so you cannot get H1N1 influenza from the vaccine.

For more information regarding the 2009 H1N1 Inactivated Vaccine please visit: http://cdc.gov/h1n1flu/vaccination/vaccine_keyfacts.htm

The following is Arizona's current situation regarding the 2009 H1N1 vaccines:

- Arizona's initial shipments of the H1N1 vaccines have begun to arrive. The manufacturers will fill orders from the states and distribute to local counties and tribes in Arizona. These shipments are just the first and are a minimal amount of the total number of vaccines Arizona will be receiving over the coming weeks.
- While the initial supply is limited, there should be enough 2009 H1N1 vaccine available in Arizona for anyone who wants it before the end of the season. The U.S. government has purchased 250 million doses of the vaccine.
- The first doses (FluMist) have begun to arrive in Arizona and are being distributed to each county, who will each be responsible for their own distribution plans. These initial vaccinations will be given to those considered as "priorities" (listed on previous page).
- The initial shipment is part of the 400,000 doses due to arrive in the coming weeks. About 3.6 million additional doses will be continually arriving throughout November and December.

Additional H1N1 vaccine facts:

- Getting the 2009 H1N1 vaccine does not protect you from the seasonal flu. Individuals should get the seasonal flu vaccine in addition to the 2009 H1N1 vaccine.
- An individual cannot get the H1N1 flu from the 2009 H1N1 vaccine (shot).
- The side effects of both the H1N1 shot and the H1N1 nasal spray are minimal. They are very comparable to the side effects of the seasonal flu vaccinations.
- In terms of severity, the illness associated with H1N1 influenza is comparable to that of the regular seasonal influenza.

Resources:

- <http://stopthespreadaz.com>
- <http://www.cir.org/seasonal-flu-h1n1.html>
- The Department of Health Services website: www.azdhs.gov
- The Department of Health Services Hotline: 602.364.4500 or 1.800.314.9243

Information taken from the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov.