

## WHAT IS QUESTIONS AND ANSWERS ABOUT H1N1 FLUMIST® VACCINE

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### **QUESTION: Who can be vaccinated with the nasal-spray flu vaccine (FluMist®)**

FluMist® is approved for the use in only particular populations, including:

1. Healthy people ages 2 to 24 years of age who are not pregnant
2. Healthy health care workers up to 49 years of age
3. Healthy people up to 49 years of age who care for infants under 6 months of age

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### **QUESTION: Who SHOULD NOT be vaccinated with the nasal-spray vaccine (FluMist®)?**

#### **The following groups of people should not get the FluMist® Vaccine**

1. Children less than 2 years of age
2. People over 50 years of age
3. People with a medical condition that places them at high risk for complications from influenza
4. People with a history of Guillain-Barre syndrome that occurred after receiving influenza vaccine
5. Pregnant women or women who are breastfeeding
6. People who have a severe allergy to chicken eggs, gelatin, or gentamycin (an certain type of antibiotic).
7. You should wait at least 30 days after getting the seasonal FluMist® vaccine or any other type of attenuated (live) vaccines before you the H1N1 FluMist® vaccine.

However, when the H1N1 vaccine for shots becomes available, you will be able to get the seasonal flu and H1N1 flu shot at the same time if you meet the qualifications.

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### **QUESTION: Will I need more than one dose of the FluMist®?**

Children from ages 2 – 9 will require two doses. The second dose should ideally be given 4 weeks after receiving the first dose. Parents and guardians will be responsible to bring their children back in for the second dose. You will not be contacted by the health department.

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**QUESTION: What is the difference between the FluMist® vaccine and the vaccine given in a shot?**



**The nasal spray (also called LAIV or FluMist®):** The viruses in the nasal-spray vaccine are weakened and do not cause severe symptoms often associated with influenza illness. (In clinical studies, transmission of vaccine viruses to close contacts has occurred only rarely.)

The flu **shot** is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm.

We currently do not know when the H1N1 inactivated vaccine (shot) will be here. We are anticipating sometime towards the end of October.

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**QUESTION: What are the side effects of FluMist®?**

In children, side effects from (FluMist®) can include:

- runny nose
- wheezing
- headache
- vomiting
- muscle aches
- fever

In adults, side effects from (FluMist®) can include

- runny nose
- headache
- sore throat
- cough

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**QUESTION: Can the nasal spray flu vaccine give you the flu?**

Unlike the flu shot, the nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened) and cannot cause flu illness. The weakened viruses are cold-adapted, which means they are designed to only cause infection at the cooler temperatures found within the nose. The viruses cannot infect the lungs or other areas where warmer temperatures exist. Some children and young adults 2-17 years of age have reported experiencing mild reactions after receiving nasal spray flu vaccine, including runny nose, nasal congestion or cough, chills, tiredness/weakness, sore throat and headache. Some adults 18-49 years of age have reported runny nose or nasal congestion, cough, chills, tiredness/weakness, sore throat and headache. These side effects are mild and short-lasting, especially when compared to symptoms of influenza infection.