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H1N1 FLU VACCINE OPTIONS THIS FALL

- **The CDC recommends that all school children receive the 2009 H1N1 vaccine as soon as it becomes available.**
- It will be available in two forms: nasal spray (FluMist) and injection (flu shot).
- Health departments in District 4 have a limited supply of 2009 H1N1 nasal spray vaccine, that is currently being offered first come, first serve to:
 - Children and young adults ages 2-24 years
 - Healthcare providers
 - Emergency Responders
 - Contacts or caregivers of infants less than 6 months of age
- The 2009 H1N1 flu shot will be available soon.
- It is safe and effective to receive both the 2009 H1N1 flu shot and the seasonal flu shot at the same time.
- It is safe and effective to receive either of the vaccines as a nasal spray (FluMist) and the other as a flu shot, even at the same time.
- It is not recommended that you receive the nasal spray of both vaccines at the same time. **Please note: The CDC recommends separating the seasonal nasal spray vaccine and the 2009 H1N1 nasal spray vaccine by a minimum of four weeks.**

2009 H1N1 nasal spray vaccine is approved for people 2 through 49 years of age with the following exceptions:

- Pregnant women
- Anyone with a weakened immune system
- Anyone with a long-term health problem such as – heart disease – kidney or liver disease – metabolic disease such as diabetes – asthma – anemia and other blood disorder – children younger than 5 with asthma or one or more episodes of wheezing during the past year
- Anyone with certain muscle or nerve disorders (such as cerebral palsy) that can lead to breathing or swallowing problems
- Anyone in close contact with a person with a *severely* weakened immune system (requiring care in a protected environment, such as a bone marrow transplant unit)
- Children or adolescents on long-term aspirin treatment

All children 2 through 9 years of age getting a 2009 H1N1 vaccine will need two doses of 2009 H1N1 vaccine (either the 2009 H1N1 flu shot or the 2009 H1N1 nasal spray vaccine). The first dose should be given as soon as vaccine becomes available. The second dose should be given 28 or more days after the first dose.

For more information visit: www.flu.gov, www.district4health.org or call 888-899-9788 .