



H1N1 NASAL SPRAY

THE FACTS ABOUT FLUMIST®

What is the nasal spray flu vaccine?

The nasal spray flu vaccine is sometimes called LAIV for Live Attenuated Influenza Vaccine. It is made with live, weakened viruses that cannot grow at normal body temperature. The nasal spray is given by spraying it up into the nostrils.

How is the 2009 H1N1 nasal spray vaccine different from the seasonal nasal spray vaccine?

The 2009 H1N1 nasal spray vaccine is being made in the same way as the seasonal nasal spray vaccine, but instead of containing three weakened live flu viruses, it only contains weakened 2009 H1N1 virus. The seasonal flu nasal spray vaccine was approved in 2003 and tens of millions of doses of the vaccine have been given in the United States.

Can the nasal spray flu vaccine give you the flu?

The nasal spray flu vaccine contains live viruses that are 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.

Can people who get the nasal-spray flu vaccine pass the vaccine viruses to others?

In clinical studies, only very rarely did someone pass the vaccine viruses on to other people. Because the viruses are weakened, they are unlikely to cause flu-like illness. They have not been shown change into typical or naturally occurring influenza viruses.

Who can be vaccinated with the 2009 H1N1 nasal-spray flu vaccine (LAIV)?

The H1N1 nasal spray vaccine is recommended for use in healthy people 2 years through 49 years of age who are not pregnant.

Breastfeeding women can be vaccinated with the H1N1 nasal spray.

Most health care providers who are 49 or younger, and are healthy can also get the H1N1 nasal spray.

- Health care providers should not get LAIV if they are providing medical care for patients who require special environments in the hospital because they are profoundly immunocompromised (e.g., those who work in bone marrow transplant units).
- Although no immunocompromised patient has been shown to be harmed by use of LAIV among health care workers, this recommendation is intended as an extra precaution for fragile immunocompromised patients.
- Health care workers with this type of patient contact can get LAIV, but if they do, they should wait 7 days after being vaccinated before returning to duties that include care of severely immunocompromised patients in special environments.

Can contacts of people with weakened immune systems get the nasal-spray flu vaccine?

People who are in contact with others with severely weakened immune systems when they are being cared for in a protective environment (for example, people with hematopoietic stem cell transplants), should not get the nasal spray vaccine, including the 2009 H1N1 nasal spray vaccine if they will come into contact with the severely immunocompromised person within 7 days of vaccination.

People who have contact with others with lesser degrees of immunosuppression (for example, people with diabetes, people with asthma taking corticosteroids, or people infected with HIV) can get the nasal spray vaccine.

continued on next page

For more information, contact your local public health department or visit www.FightTheFluMO.com

Oct 09

FIGHT
THE FLU

Can pregnant women be in contact with someone who has gotten the nasal spray vaccine (LAIV)?

Yes. A pregnant woman can be in close contact with someone who has gotten the nasal spray flu vaccine. A pregnant woman can also give a nasal spray vaccine. Because the viruses in the nasal spray vaccine are weakened, vaccine viruses are unlikely to cause any illness symptoms, even if an unvaccinated person accidentally gets vaccine viruses in their nose. The nasal spray vaccine against seasonal influenza viruses has been used in millions of school children and healthy adults since it was licensed, and there have been no reports of pregnant women becoming ill after exposure to their vaccinated children or other family members.

Can the nasal-spray flu vaccine be given to people who are sick?

The nasal-spray flu vaccine can be given to people with minor illnesses, like diarrhea or mild upper respiratory tract infection with or without fever. However, if a person has a stuffy nose, the spray may not be able to get to the nasal lining, so it would be better to wait until the stuffy nose clears up.

What are the possible side effects of the nasal-spray flu vaccine?

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.

How effective is the nasal-spray seasonal flu vaccine?

In clinical studies, the H1N1 nasal spray led to protection against H1N1 in 8 – 10 days.

How many doses of nasal spray vaccine are needed?

In adults, only one dose of 2009 H1N1 nasal spray vaccine is needed for protection.

Children 2 through 9 years old will need two doses of 2009 H1N1 vaccine. The first dose of nasal spray should be given as soon as vaccine becomes available. The second dose of nasal spray should be given 28 or more days after the first dose.

Can the nasal-spray flu vaccine be given at the same time as other vaccines?

The seasonal nasal spray vaccine and the 2009 H1N1 nasal spray vaccine should not be given at the same time. The nasal spray vaccines might not be as effective if given together. It is fine to receive the 2009 H1N1 nasal spray at the same time as the seasonal influenza (flu) shot, or the seasonal flu nasal spray at the same time as the 2009 H1N1 flu shot vaccine.

| If you are over 10 years old and get: | You can get: <i>(if vaccine is available and you fall into the appropriate priority group)</i> |
|--|---|
| Seasonal FluMist® today | • H1N1 flu shot today, OR H1N1 FluMist® in 28 days |
| Seasonal flu shot today | • H1N1 flu shot today, OR H1N1 FluMist® today |
| H1N1 FluMist® today | • Seasonal flu shot today, OR Seasonal FluMist® in 28 days |
| H1N1 flu shot today | • Seasonal flu shot today, OR Seasonal FluMist® today |

Does the nasal spray flu vaccine contain thimerosal?

No, neither the seasonal nor the 2009 H1N1 nasal-spray flu vaccines contain thimerosal or any other preservative.