

2009 H1N1 Influenza nasal spray vaccine

What You Need to Know

What is 2009 H1N1 influenza?

The 2009 H1N1 flu (or Swine flu) is caused by a new strain of influenza virus.

Like other flu viruses, H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching objects contaminated with the virus.

Signs of 2009 H1N1 can include:

- Fatigue • Fever • Sore Throat • Muscle Aches
- Chills • Coughing • Sneezing

Some people also have diarrhea and vomiting.

Most people feel better within a week. But some people get pneumonia or other serious illnesses. Some people have to be hospitalized and some die.

How is H1N1 different from regular (seasonal) flu?

Seasonal flu viruses change from year to year, but they are closely related to each other.

People who have had flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses).

The H1N1 flu virus is a new virus strain. It is very different from seasonal flu viruses.

Most people have little or no immunity to H1N1 flu (their bodies are not prepared to fight off the virus).

What about H1N1 flu vaccines?

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and effective as seasonal flu vaccines.
- They will not prevent “influenza-like” illnesses caused by other viruses.
- They will not prevent seasonal flu. *You should also get seasonal influenza vaccine, if you want protection from seasonal flu.*

H1N1 flu mist vaccine:

- is sprayed into the nose;
- does not contain preservatives;
- is licensed for people from 2 through 49 years
- is weakened so it will not cause illness.

Who should get H1N1 flu mist?

Flu mist is approved for people from 2 through 49 years of age who are not pregnant and do not have certain health conditions. Groups recommended to receive H1N1 flu mist first are healthy people who:

- are from 2 through 24 years of age,
- are from 25 through 49 years of age and
 - live with or care for infants younger than 6 months of age, or
 - are health care or emergency medical personnel.

As more vaccine becomes available, other healthy people should also be vaccinated.

Some people should not get flu mist

H1N1 flu mist vaccine should not be given to:

- children < 2 and adults 50 years and older
- pregnant women,
- anyone with a weakened immune system,
- anyone with a long-term health problem
- 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),

What are the risks from flu mist?

The risks from H1N1 flu mist are expected to be similar to those from seasonal flu mist. Some adults 18-49 years of age have reported:

- runny nose or nasal congestion
- sore throat
- cough, chills, tiredness/weakness
- headache

Life-threatening allergic reactions to vaccines are very rare.

How can I learn more?

- Contact the CDC: 1-800-232-4636
- Visit CDC’s website at
 - <http://www.cdc.gov/h1n1flu> or
 - <http://www.cdc.gov/flu>
 - <http://www.flu.gov>
- Call the Buncombe Co. Health Center: 250-5109