

# FactSheet

Para Su Información

## 2009 H1N1 Vaccine

### **Is there a vaccine for 2009 H1N1?**

The Food and Drug Administration recently approved vaccine to prevent infection from the 2009 H1N1 flu.

The initial deliveries of the vaccine will be limited and the Centers for Disease Control and Prevention (CDC) has recommended the first doses be used to vaccinate priority groups of people. As more vaccine becomes available, it will be offered to larger segments of the general population.

### **What are the the 2009 H1N1 flu vaccination priority groups?**

The health district is following the CDC's recommendations to vaccinate the groups of people who have experienced more severe illness when infected with the 2009 H1N1 virus. These include:

- Pregnant women
- Caregivers and those who live with infants age six months or younger
- Health care workers and emergency response personnel who have direct patient contact
- Young people between the ages of six months and 24 years of age
- People who are 25 to 64 years of age who have health conditions associated with higher risk of complications from influenza

### **What will be the recommended interval between the first and second dose for children 9 years of age and younger?**

CDC recommends that the two doses of 2009 H1N1 vaccine be separated by 4 weeks. However, if the second dose is separated from the first dose by at least 21 days, the second dose can be considered valid.

### **Can I receive both seasonal and H1N1 shots at the same time?**

You can receive the 2009 H1N1 injected vaccine at the same time as the seasonal flu injected vaccine. However, if you receive the nasal spray of either vaccine, you should wait at least three weeks to get the other.

### **Can I get a 2009 H1N1 flu shot from my own doctor?**

Some doctors who treat patients in the priority groups may provide the 2009 H1N1 flu shot. If you are included in the vaccine priority group, contact your doctor to see if he or she has it available.

As more 2009 H1N1 vaccine becomes available, more doctors throughout the community will be able to provide it. Other sources, such as pharmacies, will also have it.

### **Are there side effects from either the regular seasonal flu shot or the 2009 H1N1 flu shot?**

Side effects for the 2009 H1N1 vaccine injected will likely be similar to those of seasonal flu shots. Side effects for the seasonal flu shot are mild and mostly include soreness or redness at the injection site. Sometimes hoarseness, red eyes, or itchiness occur. Side effects will appear soon after the shot is given and last one or two days. Severe allergic reactions are very rare.

The flu shot does not give you the flu.

A rare side effect is a neurological disorder called Guillain-Barré Syndrome. If you have had Guillain-Barré Syndrome previously, a flu shot is not recommended.

If you have an allergy to eggs, you should not receive a flu shot.

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## What should I do if I have side effects from either shot?

Severe allergic reactions are very rare, but they typically occur a few minutes to a few hours after the shot was administered. Seek medical attention immediately if you experience shortness of breath, wheezing or hives.

## Who is eligible to receive the nasal spray vaccine?

The nasal spray vaccine (also called LAIV or FluMist) is approved for healthy people 2-49 years of age who are not pregnant and do not have certain health conditions. The nasal spray vaccine should not be given to:

- People younger than 2 years of age
- People 50 years of age and older
- 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 younger than 5 years of age with a history of recurrent wheezing
- Children or adolescents receiving aspirin therapy
- People with a history of Guillain-Barré Syndrome that occurred after receiving flu vaccine
- Pregnant women
- People who have a severe allergy to chicken eggs or who are allergic to any of the nasal spray vaccine components

## What are the side effects associated with the nasal spray?

The viruses in the nasal spray vaccine are weakened and do not cause severe symptoms often associated with influenza illness.

The nasal spray vaccine side effects may differ between children and adults.

In children:

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

In adults:

- runny nose
- headache
- sore throat
- cough

## Where can I get more information?

Call the H1N1 flu hotline at (702) 759-INFO or visit the health district's website at [www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org) or the CDC's website at [www.cdc.gov](http://www.cdc.gov).



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