



What You Need to Know?

**Flu Vaccine
H1N1
now available
At This Location**

Vaccines are available to protect against 2009 H1N1 influenza

- 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 to be protected against seasonal flu.***

Inactivated vaccine (vaccine that has killed virus in it) is injected into the muscle, like the annual flu shot. **This sheet describes the inactivated vaccine.**

Some inactivated 2009 H1N1 vaccine contains a preservative called thimerosal to keep it free from germs. Some people have suggested that thimerosal might be related to autism. In 2004 a group of experts at the Institute of Medicine reviewed many studies looking into this theory, and found no association between thimerosal and autism. Additional studies since then reached the same conclusion.

Who should get 2009 H1N1 Influenza vaccine and when?

WHO Groups recommended to receive 2009 H1N1 vaccine first are:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

WHEN: Get vaccinated as soon as the vaccine is available. Children through 9 years of age should get **two doses** of vaccine, about a month apart. Older children and adults need only one dose

Some people should not get the vaccine or should wait:

You should not get 2009 H1N1 flu vaccine if you have a severe (life-threatening) allergy to eggs or to any other substance in the vaccine. ***Tell the person giving you the vaccine if you have any severe allergies.*** Also tell them if you have ever had:

- A life-threatening allergic reaction after a dose of seasonal flu vaccine
- Guillain Barré Syndrome (a severe paralytic illness also called GBS)

These may not be reasons to avoid the vaccine, but the medical staff can help you decide. If you are moderately or severely ill, you might be advised to wait until you recover before getting the vaccine. If you have a mild cold or other illness, there is usually no need to wait. Pregnant or breastfeeding women can get inactivated 2009 H1N1 flu vaccine. Inactivated 2009 H1N1 vaccine may be given at the same time as other vaccines, including seasonal influenza vaccine.

What are the risks from 2009 H1N1 Influenza vaccine?

A vaccine, like any medicine, could cause a serious problem, such as a severe allergic reaction. But the risk of any vaccine causing serious harm, or death, is extremely small. The virus in inactivated 2009 H1N1 vaccine has been killed, so you cannot get influenza from the vaccine. The risks from inactivated 2009 H1N1 vaccine are similar to those from seasonal inactivated flu vaccine:

Mild problems: • soreness, redness, tenderness, or swelling where the shot was given • fainting (mainly adolescents) • headache, muscle aches • fever • nausea If these problems occur, they usually begin soon after the shot and last 1-2 days

Severe problems: • Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.

PLEASE SEE REVERSE



What You Need to Know?

What if there is a severe reaction?

What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

What should I do?

- **Call** a doctor, or get the person to a doctor right away
- **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given
- **Ask** your provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at <http://www.vaers.hhs.gov> or by calling **1-800-822-7967**. *VAERS does not provide medical advice.*

Vaccine Injury Compensation:

If you or your child has a reaction to the vaccine, your ability to sue is limited by law. However, a federal program has been created to help pay for the medical care and other specific expenses of certain persons who have a serious reaction to this vaccine. For more information about this program, call **1-888-275-4772** or visit the program's website at:

<http://www.hrsa.gov/countermeasurescomp/default.htm>

How can I learn more?

Ask your provider. They can give you the vaccine package insert or suggest other sources of information

- Call your local or state health department
- Contact the Centers for Disease Control and Prevention (CDC): -Call **1-800-232-4636** (**1-800-CDC-INFO**) or -Visit CDC's website at

<http://www.cdc.gov/h1n1flu> or

<http://www.cdc.gov/flu>

Flu Vaccine
H1N1
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