

## General Information about Influenza and the Flu Vaccines

- Types of seasonal influenza vaccine:
  - Inactivated (killed) vaccine which is given by an injection (shot)
  - Live attenuated (weakened) vaccine that is sprayed into the nostrils
- The American Academy of Pediatrics (AAP) recommends immunization for **ALL children and adolescents 6 months of age and older**
- Special Outreach Groups (other than children) who are highly recommended to receive the vaccine
  - Household contacts and out-of-home care providers of children with high-risk conditions (including heart, kidney, liver, & lung diseases; metabolic diseases, such as diabetes; anemia or other blood disorders)
  - Health care personnel
  - Pregnant women
- The live attenuated vaccine that is given as a nasal spray *should not* be given to:
  - children under 2 years of age
  - children with asthma
  - children on long-term aspirin treatment
  - children younger than 5 who have experienced wheezing in the past year
  - People who have long-term health problems (including heart, kidney, liver, & lung diseases; metabolic diseases, such as diabetes; anemia or other blood disorders)
  - Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems
  - Anyone with a weakened immune system
  - Pregnant women
- **People with a severe egg allergy cannot get the influenza vaccine**

## What about the H1N1 “Swine flu” Influenza Vaccine?

- Every year the flu vaccine contains components that provide protection against three strains of influenza. In 2009, the H1N1 strain was NOT included in the seasonal flu vaccine, and a separate H1N1 vaccine was needed. The 2010 Influenza vaccine does include protection against H1N1. Therefore, only one flu vaccine is available in 2010.

## How many flu vaccines will my child need?

- **Children 8 years of age and younger who did not receive the H1N1 vaccine last year need to receive 2 doses of the 2010 seasonal Flu vaccine at least 1 month apart.**
- **Children 8 years of age and younger who have not previously received 2 doses of a seasonal Flu vaccine need to receive 2 doses of the 2010 vaccine at least 1 month apart.**

## Possible Side Effect of the Influenza Vaccines

- Inactivated Influenza Vaccine:
  - Fever, body aches, or soreness, redness, and swelling where the shot was given**\*\*If these problems occur, they will usually begin soon after the shot and last 1-2 days**
- Live, Intranasal Influenza Vaccine:
  - runny nose, nasal congestion, cough, fever, headache, muscle aches, abdominal pain, occasional vomiting, or diarrhea