



H1N1 (Swine) Flu and Seasonal Flu Vaccine

WHO SHOULD GET WHAT AND WHEN?

Updated November 4, 2009

It is recommended that everyone be vaccinated against both seasonal and H1N1 flu. Supplies of H1N1 vaccine will be limited at first. The earliest available vaccine will be given to those at highest risk for severe illness.

	H1N1 (Swine) Flu Vaccine	Seasonal Influenza Vaccine
What types of flu vaccine are available?	Both vaccines will be available either as shots (inactivated, injectable vaccine) or as a nasal spray (live, attenuated virus vaccine). The nasal spray vaccine can only be used in healthy individuals between the ages of 2 and 49 years. Everyone else should receive the injectable vaccines (shots). Both seasonal and H1N1 flu vaccines are manufactured the exact same way and are equally safe.	
How many doses will I need?	<ul style="list-style-type: none"> Children 9 and under need 2 doses; nasal spray vaccines must be given at least 3 weeks apart 1 dose for everyone else 	
Who should be vaccinated and when?	<p>H1N1 (Swine) flu vaccine should go <u>first</u> to those in groups who are at highest risk for more severe disease.</p> <p>Priority 1 (November – March): (order of target groups does not indicate priority)</p> <ul style="list-style-type: none"> Pregnant women and people living with pregnant women (e.g. partner, children) Persons who live with or provide care for infants aged <6 months (e.g. parents, siblings, & childcare providers) Health-care & emergency medical services personnel who have direct contact with patients or infectious material Children aged 6 months – 4 years People 5 – 64 years who have medical conditions that put them at higher risk for influenza-related complications <p>Priority 2 (November/December – March): (order of target groups does not indicate priority)</p> <ul style="list-style-type: none"> All health-care and emergency medical services personnel All persons aged 6 months-24 years <p>Priority 3 (December – March): (order of target groups does not indicate priority)</p> <ul style="list-style-type: none"> All persons aged 25 and older Anyone else wanting protection from H1N1 	<p>Seasonal flu vaccine can go to those who want protection and is available now.</p> <p>Target Groups: (order of target groups does not indicate priority):</p> <ul style="list-style-type: none"> all children age 6 months through 18 years pregnant women persons age 50 years and older persons who have chronic underlying medical conditions (such as asthma) or weakened immune systems residents of long-term care facilities health care personnel household contacts and caregivers of children aged <5 years and adults aged ≥50 years, with particular emphasis on vaccinating contacts of children aged <6 months; and household contacts and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza
Can I get H1N1 (Swine) and Seasonal Flu vaccine at the same time?	Yes. It is fine to receive seasonal flu and H1N1 flu “shot” at the same time, or a “shot” of one vaccine and a “nasal spray” of the other. However, if you receive the nasal spray vaccine for both H1N1 and seasonal flu protection, they must be given at least 14 days apart.	
Where do I go for Vaccine?	Call your doctor’s office or Plumas County Public Health Agency to check on availability of either seasonal or H1N1 flu vaccine. Flu vaccine is also offered at many additional sites, including some chain pharmacies and grocery stores. For H1N1 vaccine, PCPHA will schedule flu vaccine clinics as soon as vaccine supplies arrive. Visit www.countyofplumas.com often, e-mail fluinfo@countyofplumas.com , or call 530-283-6330 or 800-801-6330 to learn when and where you can get flu shots. For other flu information, visit www.flu.gov .	