



H1N1 Swine Flu and Seasonal Flu Vaccine

Who Should Get What and When?

2009-2010 is a confusing year. There will be two kinds of flu vaccines available - seasonal and H1N1 (Swine). It is recommended that everyone be vaccinated against both. Seasonal flu vaccine is already available in Sacramento and anyone who wants to be protected from seasonal flu should get vaccinated as soon as possible. The supply of H1N1 (Swine) flu vaccine may be limited at first, but eventually there will be enough vaccine for anyone who wants protection. We have created this fact sheet to guide you in your flu prevention efforts.

	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 vaccines are manufactured in the same way and are equally safe.	
How many doses will I need?	<ul style="list-style-type: none"> ◆Adults will need 1 dose ◆Children may need 2 doses separated by at least 3 weeks 	<ul style="list-style-type: none"> ◆Everyone needs one dose ◆Children under age 9 may need 2 doses – ask your doctor.
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 : (order of target groups does not indicate priority)</p> <ul style="list-style-type: none"> ◆Pregnant women ◆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 ◆Children & adolescents aged 5 – 18 years who have medical conditions that put them at higher risk for influenza-related complications <p>Priority 2 : (order of target groups does not indicate priority)</p> <ul style="list-style-type: none"> ◆All other health-care and emergency medical services personnel ◆All persons aged 6 months-24 years ◆Persons aged 25-64 years who have medical conditions that put them at higher risk for influenza-related complications <p>Priority 3 : (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>EVERYONE who wishes to be protected against the seasonal flu should be vaccinated as soon as the vaccine becomes available.</p> <p><u>Groups who are at high-risk for flu-related complications or transmitting the virus to others:</u></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 both vaccines at the same time?	Yes. It is fine to receive seasonal flu vaccine and H1N1 vaccine at the same time. However, if you choose to receive the nasal spray vaccine for both H1N1 and seasonal flu protection, they must be given three-four weeks apart from each other.	
Where do I go for vaccine?	The best place to receive either flu vaccine is at your doctor's office. Call them and see if they are offering it. Flu vaccine is also available at many additional sites, including neighborhood pharmacies, grocery stores, and at some work sites. Sacramento Public Health will maintain a list of all County flu vaccine clinics at www.scph.com .	