

# H1N1 (Swine) Flu and Seasonal Flu Vaccine



## WHO SHOULD GET WHAT AND WHEN?

Updated October 13, 2009

This year there will be two kinds of flu vaccines available – seasonal flu vaccine and H1N1 (Swine) flu vaccine. Everyone is encouraged to get vaccinated against both kinds of flu. Seasonal flu vaccine is now available in San Mateo County. H1N1 (Swine) flu vaccine is expected to be available in mid October, but supply may be limited at first. Eventually there will be enough vaccine for anyone who wants protection from H1N1 (Swine) flu.

	H1N1 (Swine) Flu Vaccine	Seasonal Influenza Vaccine
<b>What types of flu vaccine are available?</b>	Both vaccines will be available either as <u>shots</u> (inactivated, injectable vaccine) or as a <u>nasal spray</u> (live, attenuated virus vaccine). The nasal spray vaccine can only be used in healthy, non-pregnant individuals between the ages of 2 and 49 years. Everyone else should receive the injectable vaccines (shots).	
<b>How many doses will I need?</b>	<ul style="list-style-type: none"> <li>• People 10 years of age or older need one dose</li> <li>• Children <b>from 6 months to 9 years</b> of age will need 2 doses separated by 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Children from 6 months to 8 years of age need 2 doses 4 weeks apart if it's their first flu vaccine.</li> <li>• Everyone else needs 1 dose</li> </ul>
<b>Who should be vaccinated and when?</b>	<p>H1N1 (Swine) flu vaccine should go <u>first</u> to those in groups who are at highest risk for infection and severe disease themselves or of transmitting it to high risk individuals. <i>Note that the order of the target groups does not indicate priority.</i></p> <p><b>Priority 1 (October - March):</b></p> <ul style="list-style-type: none"> <li>• Pregnant women</li> <li>• Persons who live with or provide care for infants aged &lt;6 months (e.g. parents, siblings, and childcare providers)</li> <li>• Health-care and emergency medical services personnel who have direct contact with patients or infectious material</li> <li>• Children aged 6 months – 4 years</li> <li>• Children and adolescents aged 5 – 18 years who have medical conditions that put them at higher risk for influenza-related complications</li> </ul> <p><b>Priority 2 (November - March) above groups and:</b></p> <ul style="list-style-type: none"> <li>• All other health-care and emergency medical services personnel</li> <li>• All persons aged 6 months-24 years</li> <li>• Persons aged 25-64 years who have medical conditions that put them at higher risk for influenza-related complications</li> </ul> <p><b>Priority 3 (December - March) above groups and:</b></p> <ul style="list-style-type: none"> <li>• All persons aged 25 and older</li> <li>• Anyone else wanting protection from H1N1</li> </ul>	<p>Seasonal flu vaccine can go to anyone who wants protection starting in mid-September. <i>Note that the order of the target groups does not indicate priority.</i></p> <p><b>September 2009 – March 2010</b></p> <ul style="list-style-type: none"> <li>• All children age 6 months through 18 years</li> <li>• Pregnant women</li> <li>• Persons age 50 years and older</li> <li>• Persons who have chronic underlying medical conditions (such as asthma) or weakened immune systems</li> <li>• Residents of long-term care facilities</li> <li>• Health care personnel</li> <li>• Household contacts and caregivers of children aged &lt;5 years and adults aged ≥50 years, with particular emphasis on vaccinating contacts of children aged &lt;6 months; and</li> <li>• Household contacts and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza</li> </ul>
<b>Can I get H1N1 (Swine) and Seasonal Flu vaccine at the same time?</b>	Yes. It is fine to receive the seasonal flu and H1N1 (swine) flu shots together. You can also receive one shot and one nasal spray together. However, <u>you cannot receive the seasonal and H1N1 (swine) flu nasal spray vaccines together</u> - it is recommended that they be given four weeks apart from each other.	
<b>Where do I go for Flu Vaccines?</b>	Your doctor's office is a great choice. Vaccine is expected in mid October. Information will be posted when vaccine is available and vaccination clinics scheduled at <a href="http://www.smhealth.org/swineflu">http://www.smhealth.org/swineflu</a> or call the Flu Hotline at 650 573-3927 for information on County Flu Clinics. Also you can visit <a href="http://www.flucliniclocator.org">http://www.flucliniclocator.org</a> to find additional community-based flu clinics.	Your doctor's office is a great choice. Vaccine is available now. Visit <a href="http://www.smhealth.org/flu">http://www.smhealth.org/flu</a> or call the Flu Hotline at 650 573-3927 for information on County Flu clinics. Also you can visit <a href="http://www.flucliniclocator.org">http://www.flucliniclocator.org</a> to find additional community-based flu clinics.