

October 9, 2009

## Lyndhurst Health Department H1N1 Vaccine Information

Since it is important that we make informed decisions when dealing with issues related to our health, the Lyndhurst Health Department would like to provide you with up-to-date H1N1 vaccination information.

The CDC and the FDA have approved a vaccine for the prevention of H1N1. This vaccine is expected to be available in October. When available, the Lyndhurst Health Department will offer the H1N1 vaccines free of charge. The population identified as “at-risk” to develop H1N1 will receive the vaccine first. School aged children are in this group. Please remember that the best protection against H1N1 is prevention.

### Who Will Receive the H1N1 Vaccine First?

- Pregnant women
- Healthcare and emergency medical service workers
- Children from 6 months through 18 years of age
- Young Adults 19 through 24 years of age
- People living with or caring for children younger than 6 months of age.
- People aged 25 through 64 years of age who have health conditions with higher risk of medical complications from the flu.
- People especially “at-risk” include children receiving long term aspirin therapy, adults or children who are immune-compromised, and those who have chronic medical conditions.

While the first shipment is expected to be the nasal mist, the Lyndhurst Health Department has not received any doses yet of any form of H1N1 vaccine. It is anticipated that children less than 10 years old will require 2 doses which are to be given approximately 4 weeks apart.

### Three Forms of the H1N1 Vaccine

1. **Single Dose Injectable Vaccine:** Inactivated vaccine without preservative (no thimerosal). This vaccine can be given at the same time as the seasonal injectable flu shot. This vaccine is acceptable for anyone in the H1N1 target population (see note below).

2. **Injectable Vaccine Drawn from Multi-Dose Vial:** Inactivated vaccine with preservative (thimerosal). This vaccine can be given at the same time as the seasonal injectable flu shot.

3. **Intranasal Vaccine:** Contains live attenuated virus which is given as a mist in the nose. This form cannot be given at the same time as the seasonal flu mist. This form of the vaccine is approved for healthy individuals who are 2 through 49 years of age. People with underlying health conditions and those who are immune-compromised should not receive this form of the vaccine. Other contradictions to receiving this form of the vaccine include: pregnancy, egg allergy, children on long-term aspirin therapy, those living with a severely immune-compromised person, those with certain nerve/muscle disorders such as cerebral palsy, and children younger than 5 years of age with asthma or with an episode of wheezing in the past year.

**People with life threatening allergies to chicken eggs or any other substance in the vaccine should not be vaccinated with any form of flu vaccine.**

**Please call your physician to discuss H1N1 vaccination questions.**