



**HENRY
COUNTY
HEALTH
DEPARTMENT**

Frequently asked questions about **FluMist®**

Can the nasal spray flu vaccine give you the flu?

The nasal spray flu vaccine does contain live viruses, however, the viruses are attenuated (weakened) and cannot cause flu illness. Some people have reported experiencing mild reactions after receiving nasal spray flu vaccine, including runny nose, nasal congestion or cough, chills, tiredness/weakness, sore throat and headache. These side effects are mild and short-lasting, especially when compared to symptoms of influenza infection.

Who can be vaccinated with the nasal-spray flu vaccine LAIV (FluMist®)?

LAIV (FluMist®) is approved for use in healthy people 2-49 years of age who are not pregnant.

Who should not be vaccinated with the nasal-spray flu vaccine LAIV (FluMist®)?

- People less than 2 years of age
- People 50 years of age and over
- People with a medical condition that places them at high risk for complications from influenza, including those with chronic heart or lung disease, such as asthma or reactive airways disease; people with medical conditions such as diabetes or kidney failure; or people with illnesses that weaken the immune system, or who take medications that can weaken the immune system.
- Children <5 years old with a history of recurrent wheezing
- Children or adolescents receiving aspirin
- People with a history of Guillain–Barré Syndrome that occurred after receiving influenza vaccine
- Pregnant women
- People who have a severe allergy to chicken eggs or who are allergic to any of the nasal spray vaccine components.

How is the 2009 H1N1 nasal spray vaccine different from the seasonal nasal spray vaccine?

The 2009 H1N1 nasal spray vaccine is being made in the same way as the seasonal nasal spray vaccine, but instead of containing three weakened live flu viruses, it only contains weakened 2009 H1N1 virus. The recommendations for who can get the 2009 H1N1 nasal spray vaccine are the same as for seasonal nasal spray vaccine. LAIV is recommended for use in healthy people 2 years to 49 years of age who are not pregnant.

How effective is the nasal-spray seasonal flu vaccine LAIV (FluMist®)?

In one large study among children, the seasonal nasal-spray flu vaccine LAIV (FluMist®) reduced the chance of influenza illness by 92% compared with placebo.

Does the nasal-spray flu vaccine LAIV (FluMist®) contain thimerosal?

No, the nasal-spray flu vaccine LAIV (FluMist®) does not contain thimerosal or any other preservative.

Can the nasal-spray flu vaccine LAIV (FluMist®) be given to patients when they are ill?

The nasal-spray flu vaccine LAIV (FluMist®) can be given to people with minor illnesses, however, if nasal congestion is present that might limit delivery of the vaccine to the nasal lining.

Can the 2009 H1N1 nasal spray vaccine and the seasonal nasal spray vaccine be given at the same time to the same person?

No. The seasonal nasal spray vaccine and the 2009 H1N1 nasal spray vaccine *should not be given at the same time*. This is because the nasal spray vaccines might not be as effective if given together. It is fine to receive the 2009 H1N1 nasal spray at the same time as the seasonal influenza (flu) shot, or the seasonal flu shot at the same time as the 2009 H1N1 nasal spray vaccine.

For more information:

<http://www.cdc.gov/flu/about/qa/nasalspray.htm>