

# Flu Vaccine Facts

## For More Information

Oregon Public Health Hotline

1-800-978-3040

[www.flu.oregon.gov](http://www.flu.oregon.gov)

## Centers for Disease Control & Prevention:

1-800-CDC-INFO (232-4636)

1-888-232-6348 TTY

E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

You can also visit the following Web sites for the latest information on flu vaccine:

## Centers for Disease Control and Prevention

### Seasonal vaccine:

<http://www.cdc.gov/flu/protect/vaccine/index.htm>

### H1N1 vaccine:

<http://www.flu.gov/vaccine/vacresearch.html>

This document can be provided upon request in alternative formats for individuals with disabilities. Other formats may include (but are not limited to) large print, Braille, audio recordings, Web-based communications and other electronic formats.

Call 971-673-1244, or for TTY call 971-673-0372 to arrange for the alternative format that will work best for you.

## Introduction

The best way to prevent influenza is vaccination. It's important to get a seasonal flu shot or nasal-spray vaccine as soon as they become available in the fall. The 2009 flu season is different because there is a separate vaccine for pandemic H1N1 flu. It requires two additional flu shots—a vaccination and a booster about a month later. Both the seasonal and initial pandemic H1N1 shots can be taken on the same day, but the seasonal shot will probably be available sooner. It's best to get each shot as soon as it becomes available, especially if you are in one of the groups at high risk of complications from influenza.

## Seasonal flu vaccines:

- The seasonal (or common) flu is a respiratory illness that can be transmitted person to person. Most people have some immunity.
- There are two types of seasonal flu vaccines:
  - A "flu shot" given with a needle, usually in the arm
  - A nasal-spray flu vaccine.
- Each vaccine contains three influenza viruses. The viruses in the vaccine change each year based on scientists' estimations about which types and strains of viruses will circulate in a given year.
- About two weeks after vaccination, the body develops antibodies that provide protection against influenza virus infection.
- Everyone should get a seasonal flu shot, especially these high priority groups:
  - Children aged six months to 19 years
  - Pregnant women
  - People age 50 and older
  - People with chronic medical conditions
  - Health care workers.

## Pandemic H1N1 flu vaccines:

- Pandemic H1N1 is a new flu virus causing illness in people around the world.
- The seasonal flu shot will NOT protect you against pandemic H1N1 flu.
- The pandemic H1N1 flu vaccine will be given only as a shot, with an additional booster needed about four weeks later.
- There are certain priority groups that will receive the vaccine as soon as it becomes available:
  - All those aged six months to 24 years
  - Pregnant women
  - People caring for or living with infants under 6 months of age

## Local Health Departments

Baker .....	541-523-8211
Benton .....	541-766-6835
Clackamas .....	503-655-8430
Clatsop .....	503-325-8500
Columbia .....	503-397-4651
Coos .....	541-756-2020
.....	ext. 510
Crook .....	541-447-5165
Curry.....	541-247-3300
Deschutes .....	541-322-7400
Douglas .....	800-234-0985
Gilliam .....	541-384-2061
Grant .....	541-575-0429
Harney .....	541-573-2271
Hood River .....	541-386-1115
Jackson .....	541-774-8209
Jefferson .....	541-475-4456
Josephine.....	541-474-5325
Klamath .....	541-882-8846
Lake.....	541-947-6045
Lane .....	541-682-4041
Lincoln .....	541-265-4112
Linn .....	541-967-3888
Malheur .....	541-889-7279
Marion.....	503-584-4870
Morrow.....	541-676-5421
Multnomah .....	503-988-3674
Polk .....	503-623-8175
Sherman .....	541-506-2600
Tillamook .....	503-842-3900
Umatilla .....	541-278-5432
Union.....	541-962-8801
Wallowa .....	541-426-4848
Wasco.....	541-506-2600
Washington .....	503-846-3594
Wheeler .....	541-763-2725
Yamhill.....	503-434-7525

## Public Health Emergency

### Preparedness Program

800 NE Oregon St., Suite 465B

Portland, OR 97232

publichealth.preparedness@state.or.us

9-1-09

- People aged 25-64 with underlying medical conditions (such as asthma, immune deficiencies, etc.)
- Health care workers and emergency medical responders.

### Who should not be vaccinated?

- There are some people who should not be vaccinated without first consulting a physician. These include:
  - People who have severe allergy to chicken eggs
  - People who have had a severe reaction to an influenza vaccination.
  - People who developed Guillain-Barré syndrome within six weeks of getting an influenza vaccine
  - Children less than six months of age (influenza vaccine is not approved for this age group)
  - People who have a moderate to severe illness with a fever (they should wait until they recover to get vaccinated).

### Vaccine effectiveness

- It is still possible, though much less likely, to get the flu even if you've been vaccinated.
- The ability of flu vaccine to protect a person depends on the age and health of the person getting the vaccine, and the similarity or "match" between the virus strains in the vaccine and those in circulation. Testing has shown that both the flu shot and the nasal-spray vaccine are effective at preventing the flu.
- Seasonal flu vaccine protects against serious illness from flu, even if it doesn't prevent infection completely.

### Vaccine side effects

- The seasonal flu shot and nasal spray have different side effects.
- The season flu shot (as well as the H1N1 flu shot, in early testing) has minor side effects that begin soon after the shot and last one to two days, such as:
  - Redness or swelling where the shot was given
  - Low-grade fever, aches and soreness.
- The seasonal flu nasal-spray vaccine may cause such minor side effects as:
  - In children: runny nose, wheezing, headache, vomiting, muscle aches and fever
  - In adults: runny nose, sore throat and cough.

### How can I find a seasonal flu shot this year?

- Both SafeNet [www.oregonsafenet.org](http://www.oregonsafenet.org) and the American Lung Association (ALA) [www.flucliniclocator.org](http://www.flucliniclocator.org) can help you find the location of seasonal flu shot clinics.