

Vaccines

Seasonal Flu & Pandemic H1N1 Flu (Swine Flu)

	SEASONAL FLU	PANDEMIC H1N1 FLU
What is it?	A respiratory infection caused by flu viruses. Because seasonal flu viruses change every year, the seasonal flu vaccine is updated so that it protects against the current seasonal flu viruses.	A respiratory infection caused by a new flu virus. It's responsible for large outbreaks in many parts of the world. Most people don't have immunity to it because it's a new strain of flu.
Who should get the vaccine?	<p>Anyone who wants to avoid the flu should get a seasonal flu vaccine, especially</p> <ul style="list-style-type: none"> • Pregnant women • Children ages 6 months through 18 years • Those who live with or care for people at risk for flu complications, including children younger than 5 years and adults ages 50 and over • People ages 50 and older • People with chronic medical conditions like asthma or diabetes, weakened immune systems, or some disorders that cause swallowing problems • Health care workers • Those who live in a nursing home or other long-term care home 	<p>The H1N1 vaccine will be first available to</p> <ul style="list-style-type: none"> • Pregnant women • People living with or caring for infants under 6 months of age • Health care workers • Emergency medical personnel • Children and young adults from 6 months through 24 years • People ages 25 through 64 years with chronic medical conditions like asthma, diabetes, or weakened immune systems
	<p>You are not required to get either vaccine, but vaccines are the best way to prevent both types of the flu.</p> <p>The groups recommended to receive the vaccine are picked because they are more likely to</p> <ul style="list-style-type: none"> • Get the flu • Spread the flu • Suffer from more serious health problems if they are infected. 	
When should I get vaccinated?	You should get a seasonal flu vaccine every year during flu season (usually September–May).	You can likely get a pandemic H1N1 flu vaccine as early as October 2009.

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How many doses do I need?	<ul style="list-style-type: none"> For most people, only 1 dose of seasonal flu vaccine is needed each year. Children younger than 9 years of age receiving the vaccine for the first time need 2 doses. 	Only 1 dose of pandemic H1N1 flu vaccine will probably be needed for most adults. Children will probably need 2 doses.
How safe are the vaccines?	Seasonal flu vaccines are very safe. They have been given to millions of people and are proven to be safe.	Results from recently completed clinical studies indicate that the vaccine is safe and does not cause serious side effects. Since the process for making and testing this vaccine is similar to the process for creating seasonal flu vaccine, experts are confident that the pandemic H1N1 flu vaccine will be safe and effective.
Will the vaccines give me the flu?	<p>No, the vaccine does not cause the flu. There are a number of reasons you might experience flu-like symptoms after being vaccinated:</p> <ul style="list-style-type: none"> Flu vaccines cause mild side effects, such as fever. However, these do not last long and are less serious than the flu. You became infected with the flu before your vaccine started working. (The vaccine takes up to 2 weeks to work). You might be infected with a different type of flu than what you were vaccinated against. 	
Where can I get vaccinated?	<ul style="list-style-type: none"> Private sector settings like doctors' offices and clinics Retail settings like pharmacies Vaccine clinics organized by Public Health for clients who don't have insurance <p>If you don't have a regular health care provider, dial the LA County Info Line at 2-1-1 or visit www.publichealth.lacounty.gov for a list of no-cost or low-cost immunization providers.</p>	
What else can I do to protect myself?	<ul style="list-style-type: none"> Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze. Wash your hands often with soap and water and/or use gel sanitizers. Avoid touching your eyes, nose, or mouth since germs spread that way. Avoid close contact with sick people. If you're sick, stay home for at least 24 hours after fever ends. 	

For more information

Centers for Disease Control and Prevention (CDC)
 (800) CDC-INFO or (800) 232-4636
www.cdc.gov/h1n1flu

California Department of Public Health
 (888) 865-0564
www.cdph.ca.gov

Los Angeles County Department of Public Health
Health Care Services: Dial 2-1-1
www.publichealth.lacounty.gov/H1N1

DPH Update Listserv: E-mail Listserv@listserv.ph.lacounty.gov
 Include "subscribe DPHUPDATE first name last name" in the subject line and body