

Facts about Nasal Flu Vaccine *Seasonal and 2009 H1N1*

Who can be vaccinated with nasal flu vaccine?

The nasal spray can be given to healthy people between 2 and 49 years of age, who are not pregnant. Eligible breastfeeding women can be given nasal flu vaccine.



Who should not get nasal flu vaccine?

Nasal flu vaccine should not be administered to persons:

- Under 2 years of age
- 50 years of age and over
- 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; those with diabetes or kidney failure; or people with illnesses that weaken the immune system, or who take medications that can weaken the immune system.
- 2 through 4 years of age with a history of wheezing
- Receiving aspirin therapy – children and adolescents only
- With a history of Guillain–Barré Syndrome following influenza vaccine
- Who are pregnant women
- With an allergy to chicken eggs or any of the nasal flu vaccine components

Can nasal flu vaccine be given to close contacts or household members of persons with certain medical conditions or weakened immune systems?

Those who CAN get nasal flu vaccine:

- Close contacts or household members of:
 - Persons with medical conditions such as diabetes, asthma (even if on corticosteroid medications), chronic lung or heart, HIV/AIDs
 - Persons with cancer, receiving chemotherapy (except in preparation for a bone marrow transplant) or persons with a solid organ transplant
 - Persons in contact with pregnant women or newborn infants

Those who should NOT get nasal flu vaccine:

- Close contacts or household members of:
 - Patients with **severely** weakened immune systems that are in the hospital and need a special protective environment (like bone marrow or hematopoietic stem cell transplants patients). These contacts should get the flu shot.

More Facts on Nasal Flu Vaccines



Can the nasal flu vaccine give you the flu?

No. The nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened) and cannot cause flu illness. The weakened viruses are cold-adapted, which means they are designed to only work at cooler temperatures found within the nose. The viruses cannot infect the lungs or other areas where warmer temperatures exist.

Is nasal flu vaccine safe?

Yes, flu vaccines, including nasal flu vaccine, have a long and well-established safety record. Millions of doses of seasonal flu vaccines have been distributed every year for many years. The 2009 H1N1 vaccine is made and tested using the same processes as the seasonal flu vaccine. As with all vaccines, the Centers for Disease Control and Prevention (CDC) is closely watching for any side effects associated with both seasonal and 2009 H1N1 flu vaccines. Vaccine safety is always monitored as part of any vaccination program.

Does nasal flu vaccine contain an adjuvant?

No, flu vaccines used in the United States do not contain an adjuvant. This includes all of the seasonal influenza and 2009 H1N1 influenza vaccine brands for children and adults in nasal flu formulations (nasal spray) as well as those that are injectable (flu shot).

Does the nasal flu vaccine contain thimerosal?

No, the nasal flu vaccine does not contain thimerosal or any other preservative.

What are the side effects?

The most common side effects include runny nose, sore throat, and fever.

For additional information please contact your health care provider or local health department and visit these websites and resources:

Michigan Department of Community Health

www.michigan.gov/flu

- **2009 H1N1 Live, Attenuated Influenza Vaccine Information Statement**
- **Seasonal Live, Attenuated Influenza Vaccine Information Statement**

Centers for Disease Control and Prevention

www.cdc.gov/flu

Families Fighting Flu

www.familiesfightingflu.org