

H1N1 SWINE FLU & SEASONAL FLU VACCINES



WHO SHOULD GET WHAT AND WHEN?

For the Public - Updated Dec 3, 2009

There are 2 kinds of flu vaccine available during the 2009/2010 flu season – a seasonal flu vaccine and an H1N1 swine flu vaccine. It is recommended that everyone be vaccinated against both. Eventually there will be enough of both vaccines for anyone who wants protection. For updates check our website at: www.sfdcp.org/flu.

	H1N1 Swine Flu Vaccine	Seasonal Flu Vaccine
What types of flu vaccine are available?	Both vaccines are available either as shots or as a nose spray. The nose spray vaccine can only be used in healthy people between the ages of 2 to 49. Everyone else should receive the injectable vaccine (shot). Both H1N1 swine flu and seasonal flu vaccines are made the same way and are safe.	
How many doses will I need?	<ul style="list-style-type: none"> Everyone who is 10 years and older needs only 1 dose Children who are under 10 years of age should receive 2 doses, separated by at least 3 weeks 	<ul style="list-style-type: none"> Everyone who is 9 years and older needs only one dose Children under age 9 years may need 2 doses, ask your doctor.
Who should be vaccinated?	<p>H1N1 swine flu vaccine goes first to people who are at high risk for getting very sick with the flu or at high risk for getting and spreading the flu.</p> <p>Priority Groups</p> <ul style="list-style-type: none"> Pregnant women People aged 6 months – 24 years Persons who live with or provide care for infants less than 6 months old. Health care and emergency medical service staff who have direct contact with patients or infectious material Persons aged 25-64 years who have medical conditions that put them at higher risk for getting very sick from H1N1 swine flu 	<p>Seasonal flu vaccine can be given to anyone who wants protection.</p> <p>Priority Groups</p> <ul style="list-style-type: none"> All children age 6 months through 18 years Pregnant women Persons age 50 years and older Persons who have chronic medical conditions (such as asthma) or weakened immune systems Residents of long-term care facilities Health care staff People who live in households that are in contact with children under 5 years old, adults over 50 years old, or people with chronic medical conditions People taking care of children less than 5 years old or taking care of people with medical conditions that put them at higher risk for getting very sick with the flu
Can I get the H1N1 swine and seasonal flu vaccines at the same time?	Yes. It is fine to receive seasonal flu vaccine and H1N1 vaccine at the same time. However, if you choose to receive the nose spray vaccine for both H1N1 swine flu and seasonal flu protection, they must be given at least 14 days apart and preferably 28 days apart.	
Where do I go for vaccine?	Vaccine remains in short supply. This situation will begin to improve in December and should be fixed by the end of January. Stay in contact with your doctor, clinic or pharmacy to find out when their vaccine has arrived. Check the SFPDHP website (www.sfdcp.org/flu) or call 311 for further information.	

For the latest information about H1N1 swine flu and seasonal flu, please call 311 or visit our website at www.sfdcp.org/flu