

**DON'T GET THE FLU.
DON'T SPREAD THE FLU.
GET VACCINATED.**



H1N1 Influenza Vaccination Questions & Answers

Many people in our state have had the H1N1 influenza virus (also called swine flu), but even more people may get sick from the flu in the fall and winter. Vaccines are the best way to prevent the flu. It is important that people who are more likely to get sick from the H1N1 flu virus get their vaccinations as soon as possible. The Durham County Health Department has provided some answers to common questions about the vaccine:

Who should get the H1N1 vaccine?

People who are more likely to get very sick from the H1N1 flu virus should get the H1N1 vaccination first. These people include:

- Pregnant women
- Caregivers of children under 6 months old
- Health care workers
- Emergency workers
- Children and young adults age 6 months to 24 years
- Adults age 25 to 64 years with health conditions that put them at higher risk

Why aren't all adults and seniors being asked to get the H1N1 vaccine?

This virus has been more serious for pregnant women, children and young people. Older adults may have some natural immunity against the virus. We need to vaccinate people at highest risk first. There may be enough H1N1 vaccines later on for everyone. Adults and seniors should get their seasonal flu vaccine now.

What types of H1N1 flu vaccines are available?

There is a nasal spray vaccine for people aged 2 years to 49 years without medical problems. Also, an injectable vaccine or shot can be given to any other persons in the groups above. Some of the vaccine will be preservative-free. Children less than 10 years of age need two doses of the vaccine given 28 days apart, but others only need one dose.

Does the seasonal flu vaccine protect against H1N1?

No, the seasonal flu vaccine does not protect against the H1N1 flu virus. We recommend that you get both vaccines if you can. The seasonal flu and the H1N1 flu shots can be taken at the same time. The seasonal flu nasal spray and the H1N1 flu nasal spray must be taken 28 days apart.

Is the H1N1 vaccine safe?

The risk of serious problems from any vaccine is very small. Flu vaccines can cause mild problems that last one or two days, such as fever, headache and muscle aches, runny or stuffy nose from the nasal spray, or soreness from the shot.

If I think I already had the H1N1 flu, should I still get the vaccine?

Many viruses can cause flu symptoms. Most doctors in the community do not have lab tests for the H1N1 virus. It is best to get the vaccine even if you think you already had it.

Where can I get the vaccine in Durham County?

You can get the vaccine from your regular doctor or clinic or from the Durham County Health Department depending on vaccine availability. H1N1 vaccine shipments are received from the state weekly.

Where can I get more information?

Information about our vaccination clinics and school clinics will be available at our website at www.durhamcounty.gov. You can also call our H1N1 Vaccine Information Line at 919-560-7882.