

# PROTECT

## Yourself, Your Family and Our Community

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### **What You Need to Know about the H1N1 Vaccine!**

*(Source: The Center for Disease Control)*

#### **Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?**

No. The seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.

#### **Is the vaccine safe?**

Yes. The safety of the novel H1N1 flu vaccine will be similar to seasonal flu vaccine since it is made in the same way. Serious side effects after vaccination are very uncommon. The benefits of flu vaccination far outweigh the risks.

#### **Is the H1N1 vaccine a live vaccine?**

Like the seasonal flu shot, the new novel H1N1 flu shot does not contain a live virus. To make the vaccine, the virus is killed and then broken up, so the injection contains only certain parts of the virus.

#### **Can the seasonal vaccine and the 2009 H1N1 vaccine be given at the same time?**

Yes. It is anticipated that seasonal flu and 2009 H1N1 vaccines may be administered on the same day. However, the seasonal vaccine has been made available earlier than the H1N1 vaccine. The usual seasonal influenza viruses are still expected to cause illness this fall and winter. Individuals are encouraged to get their seasonal flu vaccine as soon as it is available.

#### **Who will be recommended to receive the 2009 H1N1 vaccine?**

The CDC recommends that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. These target groups include healthcare and emergency medical services personnel, pregnant women, people who live with or care for children younger than 6 months of age, persons between the ages of 6 months and 24 years old, and people who have chronic health conditions or compromised immune systems. Furthermore, the NYS Department of Health has mandated that all health care workers receive the H1N1 vaccine in addition to the seasonal flu vaccine.

#### **Do those who have been vaccinated against the 1976 vaccine need to get vaccinated against the 2009 H1N1 flu?**

Yes. The 1976 swine flu virus and the 2009 H1N1 virus are different enough that it is unlikely a person vaccinated against the 1976 virus will have full protection from the 2009 H1N1. People vaccinated in 1976 should still be given the 2009 H1N1 vaccine.

#### **Are there other ways to prevent the spread of illness?**

Yes.

- Stay home from work if you are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures. These measures will continue to be important after a 2009 H1N1 vaccine is available because they can prevent the spread of other viruses that cause respiratory infections.

*For updates and information, please visit [www.amc.edu/flu](http://www.amc.edu/flu)*