

u p y o u r
FLU IQ



How is the flu shot different from the nasal spray vaccine

Unlike the flu shot, which is made from a killed virus that is injected into your muscle, the nasal spray is a live virus which you inhale through your nose. The nasal spray is made with a virus strong enough to cause your body to make antibodies, but not strong enough to make you sick.

- The nasal spray should only be used for healthy people between the ages of 2 and 49 years old.
- The H1N1 flu shot can be used for healthy people and people who have health conditions who are over the age of 6 months.
- Both the shot and the nasal spray vaccines will protect you against the H1N1 flu.



Up your flu IQ

- Connecticut Flu Watch – www.ct.gov/ctfluwatch for updates and additional information
- Flu.gov – www.flu.gov

**Your best defense:
 the importance of
 seasonal and H1N1
 flu vaccinations.**



Get vaccinated

The single best thing you can do to protect yourself against the flu, whether seasonal or H1N1, is to get vaccinated. As there may be two types of influenza this year (seasonal and H1N1), it's important to get vaccinated for both types of flu. Based on who is most likely to get the H1N1 flu, and who is at greatest risk of getting very ill from it, the Centers for Disease Control and Prevention (CDC) has made a list of people who should get vaccinated first. They include:

- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age – especially very young children
- People 25 through 64 years of age who have health conditions that put them at risk for getting very sick from the flu



Where to get vaccinated

You can get both the seasonal flu and H1N1 flu vaccine in a number of different places. These include clinics held by local health departments, healthcare provider offices, schools, workplaces and pharmacies.

- The H1N1 vaccine comes in the form of an injectable shot or a nasal spray.
- People who are allergic to eggs may have an allergic reaction to flu vaccines and should not get either vaccine.
- To find out where you can get vaccinated, contact your healthcare provider, local health department or visit www.ct.gov/ctfluwatch.



Why do certain groups get priority

Certain groups of people are at a higher risk of getting the H1N1 virus or getting very sick if they get the H1N1 virus and should be vaccinated first. Current studies show that people who are over the age of 65 are less likely than younger people to get H1N1 flu. This means that people over 65 should wait to be vaccinated while those at greater risk get the vaccine. As more vaccine is made, it will become available to more groups of people. Eventually this will include the general public.



Is the H1N1 vaccine safe

The H1N1 vaccine is made the same way as the seasonal flu vaccine and is expected to be just as safe. As with many vaccines, there can be side effects. These are usually mild and include redness, soreness or swelling at the site of the vaccination.