



## Gallatin City-County Health Department

### Seasonal Flu Vaccine Fact

**What is it?** There is a lot of information in the media about regular seasonal and the novel H1N1 influenza. These are two different viruses that will require two different vaccinations. **Getting a flu shot is the best way to protect against getting the seasonal flu.** The regular seasonal flu vaccine will not protect you from the novel H1N1 influenza. These vaccines are not intended to replace each other.

**Who Should Get vaccinated?** In general, anyone who wants to reduce their chances of getting the seasonal flu can get vaccinated. However it is recommended by the CDC that certain people should get vaccinated each year for seasonal flu:

- Children aged 6 months up to their 19<sup>th</sup> birthday (*children under the age of nine and have never had a flu shot should receive two doses about one month apart*)
- Pregnant women
- People 50 years and older
- People of any age with certain chronic medical conditions
- People who live in a nursing home and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
  - Health care workers
  - Household contacts of persons at high risk for flu
  - Household contacts and out of home caregivers of children less than 6 months of age.

**When should you get vaccinated?** Seasonal flu vaccine is currently available and the CDC recommends that people should be vaccinated as soon possible. Seasonal flu vaccine will continue to be available throughout the influenza season into December, January and beyond.

**Vaccine Facts:** The seasonal flu vaccine contains three influenza viruses in each dose. The viruses in the vaccine change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year. The seasonal flu vaccine is different than the novel H1N1 flu vaccine.

It takes about 2 weeks after receiving the vaccine for your body to build antibodies to provide protection against the seasonal flu virus.

**Flu vaccine is offered in two types of vaccine:**

- **The "Flu Shot"** contains flu virus that has been killed and is administered with a needle, usually in the arm. The shot is approved for use in people older than 6 months.
- **The nasal-spray flu vaccine (FluMist®)** contains live, weakened flu viruses that do not cause the flu and is administered as a nasal spray. *FluMist is approved for use in healthy people 2-49 years of age.*

**How can I get the vaccine?** The Health Department provides walk-in flu clinics beginning on September 1 every Tuesday 8:30 – 11:30 a.m. and Thursday 2:00 – 6:00 p.m., excluding holidays.

**How do I get additional information?** Please refer to the Gallatin City-County Health Department Website at [www.gallatin.mt.gov/health](http://www.gallatin.mt.gov/health) for seasonal flu and novel H1N1 flu information. Please call the Gallatin City-County Health Department Flu Hotline at **582-3117** for current seasonal or novel H1N1 flu information.

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