

# 2009 Influenza Vaccination



## Are there two flu vaccines now?

- There are two flu vaccines this year.
- Seasonal flu vaccine contains 3 different influenza viruses every year based on the viral strains expected to be circulating.
- H1N1 flu vaccine contains 1 new virus that was not seen until this past spring.

## Why should I get vaccinated?

- **Vaccination is the single best way to protect against the flu.**
- Flu can cause serious life-threatening illness in some people, even previously healthy ones.
- More than 200,000 people are hospitalized due to seasonal flu every year, and about 36,000 die.
- H1N1 flu has been milder than seasonal flu so far, but pregnant women and young children have been especially affected.

## Who should be vaccinated?

- In general, anyone older than 6 months who wants to reduce their chances of getting flu may be vaccinated.
- Certain people, called **Target** Groups, are more likely to become seriously ill and may receive vaccine before other people.
- **Priority** Groups are people within the Target Groups who are most likely to have serious flu complications and may be first to receive vaccine.
- Once initial groups are vaccinated, other age groups (25-64 and 65 and older) may be offered vaccine.
- **Target** Groups differ slightly for seasonal and H1N1 flu vaccines.

## What are the Target Groups for the seasonal flu vaccine?

- **Target** Groups for seasonal vaccine include: pregnant women; close contacts of children aged <6 months and others at-risk; persons aged 6 months-19 years; persons aged 50 years and older; and persons of any age who have chronic medical conditions or live in facilities.

## What are the Target & Priority

### Groups for the H1N1 vaccine?

- **Target** Groups for H1N1 vaccine include: pregnant women; caregivers of children aged <6 months; all health care workers; persons aged 6 months-24 years; and persons aged 25-64 years who have chronic medical conditions.
- **Priority** Groups for H1N1 vaccine include: pregnant women; caregivers of children aged <6 months; some health care workers; children aged 6 months-4 years; and children aged 5- 18 years who have chronic medical conditions.

## Can both vaccines be given at the same time?

- Two forms of each vaccine are available: injection (shot) and nasal spray.
- Seasonal and H1N1 vaccines may be given at the same time, except both nasal vaccines should not be given together.

## Where can I get vaccinated?

- Flu vaccines and information are available at District Health Department #10.
- Your care provider, pharmacist, or other health professional may also offer vaccines.

*This fact sheet is for information only and is not meant to be used as a substitute for talking with a health care provider. If you have any questions about influenza, please talk with your provider.*

More information may also be found at:  
[www.cdc.gov](http://www.cdc.gov) and [www.dhd10.org](http://www.dhd10.org)

## District Health Department #10

Crawford Co 989-348-7800	Kalkaska Co 231-258-8669	Lake Co 231-745-4663
Manistee Co 231-723-3595	Mason Co 231-845-7381	Mecosta Co 231-592-0130
Missaukee Co 231-839-7167	Newaygo Co 231-689-7300	Oceana Co 231-873-2193
Wexford Co 231-775-9942		