

Seasonal Influenza Vaccine (Not H1N1 Flu Vaccine)

Live Attenuated Influenza Vaccine (LAIV)

LAIV contains live but attenuated (weakened) influenza virus. The live attenuated viruses have the potential to cause mild signs and symptoms (e.g., runny nose, nasal congestion, fever, or sore throat.) It is sprayed into the nostrils.

LAIV:

- Takes up to 2 weeks for protection to develop after the vaccination. This protection lasts up to one year.
- Trade name is Flumist, and the manufacturer is MedImmune. The presentation is a 0.2-ml sprayer.
- Contains no mercury.

Who Can Get LAIV?

- Only **healthy persons**, 2-49 years of age who are **not** pregnant

Who Should Not Get LAIV?

- Pregnant women.
- Individuals with a history of Guillain-Barre syndrome (GBS) may or may not be recommended to receive LAIV; individuals should discuss whether or not to receive LAIV with their healthcare provider.
- Individuals should tell their healthcare provider if they have ever had a **serious allergic reaction** to eggs or another vaccine component, or to a previous dose of flu vaccine.
- Any one with any type of medical condition.

How is LAIV administered?

- Is administered intranasally, one (1) dose for persons 9 years and older. Two (2) doses, separated by 4 weeks apart are recommended for children 2-8 years of age who are receiving LAIV for the first time, and those who only received 1 dose in their first year of vaccination should receive 2 doses in the following year.

Who can administer LAIV?

- All Health Care Providers may administer LAIV **except** severely immunocompromised persons. These persons should **not** administer LAIV. Low levels of vaccine viruses are unavoidably introduced into the environment when administering LAIV. The risk for acquiring vaccine viruses from the environment is unknown but is probably low. However, persons with underlying medical conditions or who are likely to be at risk, including pregnant women, persons with asthma, and persons aged ≥ 50 **can administer** LAIV.

What about close contacts?

- LAIV transmission from a recently vaccinated person to an immunocompromised person has not caused a reported clinically important illness. **Pregnant women** do **not** need to avoid contact with persons recently vaccinated with LAIV.

- Close contacts that have received LAIV should avoid visiting hospitalized, severely immunocompromised persons in protected environments, for 7 days. Close contacts that have received LAIV should not be restricted from visiting less severely immunocompromised persons.

Trivalent Inactivated Influenza Vaccine (TIV)

TIV contains inactivated or killed vaccine and cannot cause influenza. It is administered by injection.

TIV:

- Takes up to 2 weeks for protection to develop after the shot. Protection lasts up to one year.
- Can be used for persons 6 months of age and older without any contraindications to any of the influenza components. TIV can be used for persons with high-risk conditions, as well as pregnant women.
- Is administered intramuscularly one (1) dose for persons 9 years and older. Two (2) doses, 4 weeks apart are recommended for children 2–8 years of age who are receiving TIV for the first time, and those who only received 1 dose in their first year of vaccination should receive 2 doses in the following year.

Who can get inactivated influenza vaccine?

Anyone age 6 months of age and older, who wants to reduce the likelihood of becoming ill with influenza or spreading influenza to others.

Who should not get inactivated influenza vaccine?

- Individuals with a severe egg allergy.
- Individuals with a severe allergy to any component in the inactivated influenza vaccine.
- Individuals who have had a severe reaction after a previous dose of inactivated influenza vaccine.
- Individuals with a history of Guillain-Barre syndrome (GBS) may or may not be recommended to receive inactivated influenza vaccine; individuals should discuss whether or not to receive inactivated influenza vaccine with their healthcare provider.

Thimerosal/Mercury

Most single dose vials of TIV are preservative free. A few types of TIV that are provided in single dose vials of may contain trace amounts of thimerosal. Multi-dose vials do contain thimerosal and mercury. For a listing of thimerosal concentration and mercury in influenza vaccines, see:

<http://www.cdc.gov/FLU/ABOUT/QA/vaxsupply.htm#table> or

<http://www.cdc.gov/FLU/ABOUT/QA/thimerosal.htm>

For complete information on the influenza vaccine see Prevention and Control of Seasonal Influenza with Vaccines, Recommendations of the Advisory Committee on Immunization Practices (ACIP), 2009, MMWR July 31, 2009/Vol.58/No.RR-8 at www.cdc.gov/vaccine/ACIP/recommendations.

For more information about seasonal influenza vaccine, visit the Centers for Disease Control and Prevention website at www.cdc.gov, the New Hampshire Department of Health and Human Services Immunization Program website at www.dhhs.nh.gov/DHHS/IMMUNIZATION/default.htm or call the NH Immunization Program at 603-271-4482.

This fact sheet has been adapted from the Prevention and Control of Seasonal Influenza with Vaccines, Recommendations for the Advisory Committee on Immunization, July 31, 2009.