

Seasonal and Pandemic H1N1 Flu Vaccination



Influenza (flu) can cause serious illness, hospitalizations and even death. This year we are also facing a new Pandemic H1N1 2009 flu for which people have no immunity. Vaccines are the best protection to prevent the H1N1 flu for ourselves and for others. Babies and young children benefit when adults who care for them are vaccinated.

SEASONAL FLU VACCINATION

Annual seasonal flu vaccines will be offered early this year and are recommended for almost everyone who wants to reduce the risk of becoming ill or transmitting it to others, especially:

- children ages 6 months to 4 years,
- caregivers (child care providers) and household contacts of children birth through 5 years, especially babies under 6 months.
- women who will be pregnant during flu season
- children and adults with chronic lung disease including asthma, heart, kidney, liver, neurological disease, or diabetes and those who have immunosuppression or are on aspirin therapy and their caregivers
- health care workers
- people over age 50 and older
- residents of long-term care facilities

PANDEMIC H1N1 2009 (SWINE) FLU VACCINATION

A second vaccine for the new Pandemic H1N1 flu is being strongly recommended for these priority groups as it becomes available:

- pregnant women (because they are at higher risk for complications and to protect their babies)
- household contacts and caregivers for children under 6 months of age (to protect babies too young to be vaccinated)
- health care workers
- children and young adults from 6 months to 24 years, especially those with chronic medical conditions like asthma, heart disease, diabetes, etc. who may be at greater risk for complications
- people ages 25 to 64 with underlying medical conditions asthma, diabetes, etc. (because higher risk for complications).

Vaccinations can be given by injection or by Flu Mist which is sprayed into the nose. **Consult your health care provider for availability of flu vaccinations and to share your concerns.** Discuss which method may be best for you and whether you have any allergies or other conditions that may interfere with you getting vaccinated.

For information on vaccinations check with your health care provider. Discuss your concerns if your child has chronic health conditions or allergies. Also check the City of Berkeley website www.cityofberkeley.info/publichealth/ or call Nurse of the Day at (510) 981-5300 for information on vaccinations, finding a medical provider, OR APPLYING FOR Medi-Cal.