

## H1N1 flu vaccine is available in King County

Both H1N1 and seasonal flu vaccine are available through many, but not all, healthcare providers, clinics, and pharmacies. Call before you go.

Public Health will also offer vaccination for people who don't have a regular health care provider. Check the Flu Hotline at 877-903-KING (5464) or Public Health's Web site [www.kingcounty.gov/health/H1N1](http://www.kingcounty.gov/health/H1N1) for regular updates on where to get H1N1 vaccine.

Adults and children 10 years and older will need one dose of the H1N1 vaccine. Children 9 and younger will need two doses. You will need to get a separate vaccine to protect against seasonal flu.



## Public Health is here to help

Many people have questions and concerns about the flu. Public Health has the latest information and many ways for you to stay informed. For the most current updates and information:

[www.kingcounty.gov/health/H1N1](http://www.kingcounty.gov/health/H1N1)

or

Flu Hotline  
877-903-5464  
24 hours a day

Concerned about  
**H1N1 (swine) flu**  
vaccination  
for yourself or  
your child?

What You Need  
to Know



**Public Health**   
Seattle & King County

H1N1 Vaccine Facts—English  
Updated 10/14/09

# Facts About H1N1 Flu Vaccine

## **Getting the flu vaccine is the best way to protect against the flu**

Flu vaccines help the body fight the flu. Some people believe that building immunity by getting sick from the flu is better than getting the flu vaccine. However, getting the flu vaccine gives you the same immunity without the very real risks that come from getting the flu.

H1N1 (swine) flu vaccine is a good idea for everyone, but it's especially important for **children** and **pregnant women** because they are more likely to become very sick and need hospital care if they catch H1N1 flu.

Also, anyone with a **weakened immune system** or **chronic medical condition** (such as diabetes, seizure disorder, or a condition that makes it difficult to breathe or swallow) are at a higher risk from severe illness if they catch H1N1 flu.

**IMPORTANT:** If you or your child has a medical condition that puts you at higher risk for severe illness **AND** you have concerns that may keep you from getting the H1N1 vaccine, please talk to your healthcare provider as soon as possible.



## **The H1N1 flu vaccine is safe**

The H1N1 influenza vaccine was developed in the same way as seasonal flu vaccine and is expected to be as safe. Over the years, hundreds of millions of Americans and people all over the world have safely received seasonal flu vaccines.

## **You will not get the flu from the H1N1 flu vaccine**

Flu vaccines cannot cause the flu. The viruses contained in flu shots are dead, which means they cannot cause infection at all. The nasal spray vaccine (FluMist) has a very weakened live virus that builds the body's immunity by creating an extremely mild and temporary infection in the nose and throat that is not contagious to others.

Side effects from the flu vaccine are not common and are usually mild. They can include pain or soreness from the shot itself, achiness, runny nose, and mild fever.

## **The preservative (thimerosal) in the H1N1 flu vaccine is safe**

A tiny amount of thimerosal (which contains mercury) is used as a preservative in vaccines. The American Academy of Pediatrics, the Centers for Disease Control and Prevention (CDC) and the Institute of Medicine have concluded, based on scientific data, that thimerosal-containing vaccines are safe and do not cause autism or other health problems, a conclusion also reached by countries around the world.

If you are concerned, ask your healthcare provider about thimerosal-free vaccine which will be available in very limited amounts for certain high-risk patients.

