



Martin County Health Department

Frequently Asked Questions H1N1

What information can you provide regarding the H1N1 vaccine recall?

The H1N1 vaccine recall is related to pre-filled syringes manufactured by Sanofi Pasteur for children 6 months to 3 years old. This is not a recall for safety. A quality control check revealed that the vaccine was deemed slightly below the range for potency, but the vaccine is expected to be effective in stimulating a protective response against the virus.

There is no need to revaccinate children who have received the recalled vaccine, but parents are reminded that the Centers for Disease Control recommends that children 9 years old and under receive two doses of the vaccine at least 21 days apart to obtain maximum protection.

For more information: www.cdc.gov/h1n1flu/vaccination/syringes_qa.htm

Where is the list of the H1N1 vaccination sites offered by the Health Dept.?

The current list of H1N1 vaccination sites, offered by the Health Department, is available at www.MartinCountyHealth.com Please continue to monitor the website for any potential changes in clinic schedules.

How many shots of the H1N1 vaccine will I need to get?

The Centers for Disease Control and Health and Human Services recommends that healthy persons over the age of 10 years old will require just one dose of the vaccine. Children under 10 years old should receive (2) vaccines approximately 21- 28 days apart.

Will the H1N1 vaccine be available in a nasal mist?

Yes, the H1N1 vaccine will be available in a nasal mist. The nasal mist is a live virus vaccine. As with other live virus vaccines (MMR and Varicella), the live virus is weakened so it does not cause the disease it is trying to prevent. This weakened virus tricks the body into fighting the virus off.

The H1N1 nasal mist is not recommended for pregnant women, persons with compromised immune systems or children with asthma or aspirin therapy.

Health Department staff will determine whether a person should get the H1N1 vaccine in an injectable or nasal mist form.

Can I get the seasonal flu and the swine flu vaccine together?

Yes, you can receive the seasonal flu shot and the swine flu shot at the same time.

You cannot, however take the two live virus nasal sprays (season flu & swine flu) at the same time. They must be separated by one month.

What are the symptoms of Swine Flu?

Swine flu is very similar to seasonal flu: fever, sore throat, body aches cough and sneezing. Some people also experience diarrhea and vomiting.

How is Swine Flu spread?

Swine flu is spread by the respiratory droplets by an infected person coughing or sneezing. It may be picked up indirectly from a surface that has been contaminated. The virus can live on a surface from 2-8 hours.

What is the best way to prevent the spread of flu?

Wash you hands frequently
Cover you nose and mouth when you cough or sneeze
Stay home if you are sick

I think I (or my child) have the swine flu right now. What should I do?

Up to now, most of the symptoms of swine flu have been relatively mild. Though high risks groups such as people with asthma, diabetes and pregnant women can experience complications and may require additional care. Continue to monitor yourself or your child. If you have any questions or concerns, contact your health care provider to determine whether additional treatment is necessary.

Should I take Tamiflu right now to prevent the flu?

Anti-viral drugs, such as Tamiflu and Relenza, are not recommended for use as a preventative against the flu. Currently, the CDC recommends that people who are hospitalized with H1N1 or have H1N1 and chronic health issues receive anti-virals.

Should I continue to breastfeed my baby if I have the Swine Flu?

Yes, it is recommended that you continue to breastfeed your baby if you have the flu. You should consult with your doctor if you are taking any medications to alleviate your symptoms, to make sure they are safe for the baby.

If I think I have already had the swine flu, should I still get the vaccination?

If you are unsure as to whether you have had the Swine Flu, it is recommended that you receive the vaccine.

Who should get the swine flu vaccination?

Currently, the recommendations are for the following groups:

- pregnant women
- people who live with or care for children younger than 6 months
- health care and emergency services personnel with direct patient contact
- persons between the ages of 6 months and 24 years of age
- persons 25 through 64 years of age with chronic health issues

*These recommendations are subject to change based on vaccine availability and demand.

What side effects can I expect from the vaccination?

The clinical trials for the vaccine went well, but the possible side effects are not known at this time.

If I had the swine flu vaccine in 1976, am I protected against the novel H1N1 flu already?

The vaccine developed in the 1970's is not effective in fighting today's H1N1 virus. It is recommended that you receive the current H1N1 vaccine for protection against this new flu strain.

Why aren't the elderly receiving the swine flu vaccination?

Blood studies have found that many of our older folks already have anti-bodies for the H1N1 virus. Many people born before 1957 have already been exposed to the virus during earlier outbreaks and have developed immunity.

School Information:**Is the H1N1 vaccine required for my child to attend school?**

No, receiving the vaccine will be voluntary for the recommended groups.

How will the schools be cleaned if there is an outbreak?

The School District has a team of custodians to take care of cleaning. The School District can provide you with more information on cleaning procedures.

How will parents know if there is a Swine Flu outbreak in their schools?

Should there be a significant amount of cases parents will be notified via the School District on a connect-ed call.

What criteria will be used to determine whether schools will be closed in the event of an outbreak? Each event will be evaluated on a case by case basis. We are hopeful that people will continue to take the necessary precautions: including frequent hand washing and staying home if you are sick to prevent the spread. But certain issues, such as not enough staff to run the school, may lead to a closure.

How will children be evaluated if they appear to be sick with flu?

Children presenting with flu like symptoms including a fever of 100 degrees or higher will be isolated and parents will be notified to come pick up the child from school. It recommended that children stay home for at least 24 hours after the fever has subsided, without the use of medication.

Why are you no longer tracking individual cases?

We know that Swine Flu is in the community. Our efforts are now being placed on prevention measures. Our Epidemiology division will continue to run surveillance in the community and in the schools. Surveillance includes tracking over the counter medication sales and school attendances.

Where should I turn for more information?

The CDC (Centers for Disease Control) website is an excellent source for information.

www.cdc.gov – More information can be obtained from www.MyFluSafety.com.

The Florida Department of Health has also set up a toll free information line: **1-877-352-3581** with information in English, Spanish and Creole.