



**Delaware General  
Health District**

*Dedicated to your health.*  
[www.delawarehealth.org](http://www.delawarehealth.org)

### **H1N1 Information as of November 15, 2009**

This H1N1 clinic, held by the Delaware General Health District, will be for the following priority groups:

- Pregnant women
- Children ages 6 months to 18 years of age
- Parents or caregivers of children under the age of 6 months
- Health care providers giving direct patient care (ID will be requested.)

We will be scheduling additional clinics for these and more priority groups as we receive additional shipments of H1N1 vaccine.

There are two types of vaccine available at this clinic. They are:

**H1N1 FLUMIST :** This vaccine is given by spraying a small amount of mist into the nose. The mist vaccine is made from weakened live flu virus. You cannot get the flu from this vaccine. The H1N1 FluMist is recommended for **healthy** people between the ages of 2 and 49 years of age. We have a large supply of H1N1 FluMist and encourage you to receive FluMist if you are eligible.

**The following people cannot get the FluMist:**

- Pregnant women
- Women breastfeeding
- Those with chronic medical conditions
- People with allergies to **eggs or gelatin**, and
- Those that have had a live vaccine (such as the seasonal FluMist, MMR—Measles, Mumps Rubella, and Varicella-chickenpox) in the last **30 days**

**H1N1 FLU SHOT:** The shot is made from parts of killed flu viruses. **People who have allergies to eggs should not get the flu shot.** Shots can be given to anyone over the age of 6 months.

Children under the age of 10 will need to get a second or “booster” dose one month after the first dose. The state e-mail notification system currently is not sending reminders due to a technical problem at the state level.

You cannot get the flu from having either the H1N1 FluMist or the shot.

For additional clinics or if you have questions or need more information, please visit the Delaware General Health District website at [www.delawarehealth.org](http://www.delawarehealth.org) or call 211.

## Who Should Not Get the H1N1 Vaccine?

- People who have a severe allergy to chicken eggs
- People who have had a severe reaction to an influenza vaccination
- People who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously
- Children younger than 6 months of age (influenza vaccine is not approved for this age group)
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated)
- People who are currently on anti-viral therapy and those that have just started a course of antibiotics

To access more information on updates and additional scheduled H1N1 flu clinics:

- Please go to the Delaware General Health District website at [www.delawarehealth.org](http://www.delawarehealth.org) or [http://www.delawarehealth.org/H1N1\\_Update.htm](http://www.delawarehealth.org/H1N1_Update.htm)
- Call the Delaware General Health District information line at 740-203-2015
- Call Helpline at 211



If you have pre-registered, please give your print out to the clerks for them to record the number from it. Pre-registration does NOT guarantee H1N1 vaccine. It does not constitute evidence of being in a priority group and it does not substitute as a consent form. Consent forms must be completed upon arrival. Only parents or someone with medical guardianship can sign the consent form. Notes from parents are not legally permissible. Pre-registering does help us with information on ordering vaccine and allows you to be contacted when there are upcoming H1N1 flu clinics in your area if the state notification system is working.