AiTC | ADULT IMMUNIZATION & TRAVEL CLINIC

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Which vaccine should I get to protect against seasonal influenza ...

Flu SHOT?
or Flu MIST?

SIMILARITIES	FLU SHOT	FLU MIST
HOW OFTEN NEEDED?	Every year	
PROTECTION	Protects against three seasonal influenza virus strains, including H1N1	
HOW EFFECTIVE IS IT?	Prevents most (60-80%) cases of seasonal influenza	
WHO CANNOT GET IT?	• People who get a serious allergic reaction to eggs or egg proteins • People with life-threatening reaction to any previous flu vaccine • People who had Guillain-Barre syndrome within 6 weeks after a flu shot	
CAN IT GIVE ME THE FLU?	No	

DIFFERENCES	FLU SHOT	FLU MIST
PRICE	$25	$33
WHAT'S IN IT?	Influenza virus proteins (killed virus)	Live, weakened influenza virus
HOW IS IT GIVEN?	Needle injection into arm muscle	Small spray into each nostril
APPROVED FOR WHICH AGES?	Age 6 months and up (no upper limit)	Age 24 months to 49 years
WHO CANNOT GET IT?		• Pregnant women • People with a weakened immune system due to disease or treatment • People with asthma or wheezing • People with heart or lung disease • People with kidney or liver disease • People with metabolic disease or diabetes • People with anemia or other blood disorders • People caring for someone with a severely weakened immune system • Children/teenagers taking aspirin regularly
COMMON SIDE EFFECTS IN ADULTS? Ohmit SE; Vaccine 2009; 27(7):1050	Arm soreness (55%) Runny or stuffy nose (31%) Headache (35%) Sore throat (19%) Cough (16%) Muscle aches (15%)	Arm soreness (very uncommon) Runny or stuffy nose (50%) Headache (38%) Sore throat (23%) Cough (18%) Muscle aches (13%)

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