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FluMist® Quadrivalent FAQs (LAIV4) 2013-2014 Flu Season

What is FluMist Quadrivalent?

- FluMist Quadrivalent is a nasal spray vaccine that provides protection against four strains of flu virus
- All 2013-2014 trivalent flu vaccines protect against the following virus strains: A/California/7/2009 (H1N1)-like, A/Victoria/361/2011 (H3N2)-like & B/Massachusetts/2/2012-like; Quadrivalent vaccines also protect against an additional B strain: B/Brisbane/60/2008

Who is FluMist for?

- FluMist is for healthy people aged 2-49 years who are not pregnant

Who should *not* be vaccinated with FluMist?

- Persons with a severe allergy to any component of the vaccine (including eggs, egg products, gentamicin, gelatin, or arginine)
- Persons with life threatening reaction to any previous influenza vaccination
- Children/adolescents receiving aspirin-containing therapy (association with Reye syndrome)
- Persons less than 2 years of age or greater than 49 years of age
- Pregnant women
- Persons with egg allergy, for more information visit <http://www.cdc.gov/flu/professionals/acip/2013-summary-recommendations.htm#egg-allergy>
- Children aged 2-4 years who have had a wheezing episode within the past 12 months
- Persons with chronic pulmonary (including asthma), cardiovascular (except isolated hypertension), renal, hepatic neurologic/neuromuscular, hematologic, metabolic (including diabetes) disorders
- Persons with immunosuppression (including that caused by medications or by HIV)
- Close contacts and caregivers of severely immunosuppressed persons who require a protected environment
- Persons with a history of Guillain-Barre Syndrome within 6 weeks of any prior influenza vaccine

Can FluMist be administered to close contacts of immunosuppressed persons?

- Individuals who care for severely immunosuppressed persons who require a protective environment should not receive FluMist given the theoretical risk of transmission of the live attenuated vaccine virus
- However, individuals who have contact with people with weakened—but not severely weakened—immune systems due to underlying illness (e.g. diabetes, asthma, heart disease) can receive FluMist

Does FluMist contain any preservatives? Can it be administered to pregnant women and/or breastfeeding mothers?

- FluMist does not contain thimerosal or any other preservatives; however, like other live vaccines, it should not be administered to pregnant women
- FluMist can be administered to breastfeeding mothers

Can FluMist be administered to individuals with acute illness?

- If an individual has a moderate or severe acute illness, with or without fever, FluMist administration should be delayed until symptoms have subsided
- If an individual has a minor illness (e.g., mild diarrhea or mild upper respiratory tract infection), it is ok to administer FluMist
- Nasal congestion may limit delivery of the vaccine so delaying FluMist administration in this circumstance should be considered

Should children receive two doses of FluMist?

- Children ages 2 – 8 being vaccinated for first time should receive 2 doses separated by 28 days
- The first and second doses do not have to match, meaning one could be live attenuated FluMist (LAIV) and the second could be the inactivated shot (IIV)
- For more information, visit <http://www.cdc.gov/flu/professionals/acip/2013-summary-recommendations.htm#vaccine-dose-children>

Can FluMist be administered to individuals taking influenza antiviral medications?

- FluMist should not be administered until 48 hours after cessation of influenza antiviral therapy; additionally, if a person takes antiviral drugs within two weeks of getting FluMist, he/she should be revaccinated
- Alternatively, the inactivated shot can be administered while taking influenza antiviral drugs

For addition information please visit the CDC's page on [nasal spray flu vaccine](#).