



2009 H1N1 Influenza Vaccine

Q: Is there a vaccine for the 2009 H1N1 strain?

A: Yes. According to the CDC, vaccines are the most powerful public health tool for control of influenza. Working together with scientists in the public and private sector, the CDC has isolated the 2009 H1N1 virus and modified it so that it can be used to make hundreds of millions of doses of vaccine. Vaccine manufacturers are now using these materials to produce vaccines, which have just become available to Americans.

Q: Who should get the 2009 H1N1 vaccine?

A: According to the CDC's Advisory Committee on Immunization Practices (ACIP), the groups recommended to receive the 2009 H1N1 vaccine include pregnant women; household contacts and caregivers for children younger than 6 months of age; healthcare and emergency medical services personnel; all people from 6 months through 24 years of age and persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza. If you have any questions about whether the 2009 H1N1 vaccine is right for your family, speak to your healthcare provider.

Q: How do I decide which members of my family should get the 2009 H1N1 vaccine?

A: Speak to your healthcare provider to discuss your options and make a decision about the best way to help protect your family.

Q: Since the vaccine is available now, where can I get it?

A: The CDC advises that while the vaccine is officially now available, every state will develop a different vaccine delivery plan, including making the vaccinations available through pediatricians, other healthcare providers, schools and office settings.

Q: Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?

A: No, the seasonal flu vaccine does not protect against the 2009 H1N1 flu.

Q: Does that mean I need two flu shots this year?

A: Yes, one vaccine protects against 2009 H1N1 and the other helps protect against common seasonal influenza. Speak to your healthcare provider; they can help you make a decision about the best vaccination plan for your family.

Learn More About H1N1 Influenza

Q: What is Influenza A H1N1?

A: According to the CDC, Influenza A H1N1 is a respiratory disease typically found in pigs that is caused by type A influenza viruses. While it is not typical for humans to contract Influenza A H1N1, human infections occasionally do happen.

Q: Where do these current human cases of Influenza A H1N1 stem from?

A: According to the CDC, human infections with the Influenza A H1N1 were first reported in late March/early April 2009 in Southern California and San Antonio, Texas. The original source of the infection is unknown.

Q: Is the current strain of Influenza A H1N1 contagious?

A: Yes, the CDC has determined that this Influenza A H1N1 strain is contagious and can spread from human to human.

Q: How does Influenza A H1N1 spread?

A: It has yet to be determined how exactly the current strain of Influenza A H1N1 is spreading, but flu is normally spread through the air via droplets expelled from the mouth when an infected person talks, coughs or sneezes. These droplets often land on hands and adjacent surfaces. Following proper hygiene routines can help prevent the spread of illness.

Q: The World Health Organization has raised the pandemic alert level for influenza A (H1N1) from 5 to 6. What does this mean?

A: It simply means that the WHO is following protocol established for pandemic alert warnings. It does not mean that influenza A (H1N1) is necessarily causing more serious infections, or deaths. It simply indicates that the virus is spreading in additional regions of the world, such as Australia, Japan, Chile and the United Kingdom.¹ According to the Centers for Disease Control and Prevention representatives, U.S. health authorities have been taking full pandemic preparedness measures over the past month to help protect families from influenza A (H1N1).² The declaration is designed to help accelerate the production of a vaccine against this new virus and encourage countries around the world to put additional funding toward pandemic research.³

Q: How can families protect themselves from Influenza A H1N1?

A: Like all viruses, the best way to help prevent infection and protect your family is to follow proper hygiene routines. The following routines are recommended by the CDC:

- Get vaccinated. Vaccination is the best protection we have against flu. Seasonal flu vaccine is available now and initial doses of 2009 H1N1 flu vaccine also are available, with additional doses available later this year.
- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- Stay away from people who are sick.

- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- Throw away tissues and other disposable items used by sick persons in your household in the trash.

Q: What household cleaning should be done to prevent the spread of influenza virus?

A: According to the CDC, to prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

Q: Does LYSOL® kill Influenza A H1N1?

A: The following LYSOL® products kill Pandemic 2009 H1N1 influenza A virus:

- LYSOL® Disinfectant Spray
- LYSOL® Disinfecting Wipes
- LYSOL® All Purpose Cleaners (both pourable and trigger products)

Q: Where can families go for more information?

- Centers for Disease Control Ounce of Prevention:
www.cdc.gov/ounceofprevention.
- Centers for Disease Control Influenza A H1N1:
www.cdc.gov/h1n1flu
- Seasonal and 2009 H 1 N1 Flu: A Guide for Parents:
www.cdc.gov/flu/freeresources/2009-10/pdf/parents_guide.pdf
- World Health Organization:
www.who.int/csr/disease/swineflu/en/index.html
- The Visiting Nurse Associations of America (VNAA)
vnaa.org/vnaa/g/?h=html/germ_protection_center_influenza

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¹BBC News - <http://news.bbc.co.uk/2/hi/asia-pacific/8094353.stm>

²The Los Angeles Times - <http://www.latimes.com/news/nationworld/nation/la-sci-swineflu12-2009jun12,0,1232742.story>

³The Los Angeles Times - <http://www.latimes.com/news/nationworld/nation/la-sci-swineflu12-2009jun12,0,1232742.story>