

H1N1 FLU

Slow the spread!

Pandemic H1N1 Influenza Vaccine

What is an influenza pandemic?

An influenza pandemic is a rare event.

- A pandemic occurs when a new influenza virus easily spreads from person to person.
- Because the virus is new, most people will not have any immunity (protection) against it.
- More people may be infected than during usual seasonal influenza, and they may experience more serious illness than that caused by seasonal influenza.

What is the H1N1 influenza?

- H1N1 is a new pandemic strain of the influenza A virus that originally infected pigs (swine flu) but now can infect humans.
- H1N1 influenza is a respiratory illness with symptoms similar to those of regular seasonal influenza. The symptoms begin very quickly and include:
 - fever and cough, and one or more of the following:
 - sore throat, joint or muscle pain or fatigue
 - may have gastrointestinal symptoms; and
 - children younger than five and persons 65 and older may not necessarily contract a fever.
- Complications of H1N1 influenza include:
 - pneumonia, severe breathing problem, worsening of chronic medical conditions and death.

What should you know about the pandemic H1N1 influenza vaccine?

- It is provided free to all NWT residents six months of age and older.
- It is similar to the seasonal influenza vaccine and made the same way.
- The vaccine is made of killed H1N1 influenza virus and cannot give you H1N1 influenza.
- The vaccine contains an adjuvant (additive) that makes the vaccine work better. Adjuvants are used in other vaccines.
- The adjuvant used in this vaccine contains fish oil and vitamin E.
- The vaccine is given by injection into the arm.
- You or your child may need two doses of the vaccine to receive adequate protection.

Who should receive the pandemic H1N1 influenza vaccine?

All NWT residents should, but especially these high-risk groups:

- persons younger than 65 with chronic health conditions;
- pregnant women and healthy children six months to five years of age;
- persons living in remote and isolated settings or communities;
- health-care workers involved in pandemic response or the delivery of essential health-care services; and
- household contacts and care providers of persons at high risk who cannot be immunized or may not respond to vaccines.

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Who should NOT receive the pandemic influenza H1N1 vaccine?

You should not receive the influenza vaccine if you:

- had a severe allergic reaction to the seasonal influenza vaccine;
- have a severe allergy to eggs or any of the ingredients of the vaccine or its container;
- are younger than six months of age.

What can you expect after getting the pandemic H1N1 influenza vaccine?

- Redness, discomfort, and swelling at the injection site that may last up to two days.
- Fever, fatigue and muscle aches that may last for up to two days.
- As is the case with any vaccine, there is an extremely small chance that a more serious reaction can occur.

What can you do if you get a reaction to the pandemic H1N1 influenza vaccine?

- A cold compress on the injection site may reduce discomfort.
- For discomfort and fever you may take or give your child acetaminophen or ibuprofen (e.g. Tylenol or Advil).
- Aspirin (ASA) should NOT be given to children younger than 18 due to its link to Reye's Syndrome

Please remain on site for at least 15 minutes after the vaccine is given so that possible reactions can be monitored.

What are your responsibilities?

- Before you receive the vaccine, tell your immunizer if you or your child have any health problems.
- Maintain an updated record of your immunizations.
- Report to the immunizer or see your doctor if you or your child have a severe or unusual reaction during the first four weeks after the vaccine.

For more information:

- Please call either **1.888.920.3026** (H1N1 Flu Information Line) or **1.888.255.1010** if you have flu related questions **BEFORE** visiting your health centre or emergency room.
- Contact your local public health office or doctor.
- Visit the following websites:
 - o NWT Health and Social Services, www.hlthss.gov.nt.ca.
 - o Canadian Coalition for Immunization Awareness and Promotion, www.immunize.cpha.ca.
 - o Public Health Agency, www.phac-aspc.gc.ca/index-eng.php.

If you would like this information in another official language, contact us at 867-920-3367.

Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867-920-3367.



H1N1 Flu Hotline **1.888.920.3026**