

Shot or spray...they're both OK...



for health care providers!

Health care workers are one of the priority groups

to receive the 2009 monovalent H1N1 vaccine to prevent them from getting the virus and possibly passing it on to their patients. Like seasonal flu vaccine, the 2009 monovalent H1N1 vaccine comes in two forms—a shot made from killed virus, and a nasal spray vaccine containing live, weakened virus. That vaccine is sometimes called LAIV for “live attenuated intranasal vaccine.” LAIV is recommended for use in healthy people 2 years to 49 years of age who are not pregnant.

According to CDC, LAIV is a very good option for most health care providers. The only health care providers who should not get LAIV are those who are 50 and older, are pregnant, have chronic medical conditions, or are taking care of patients who require special environments because of profoundly weakened immune systems—for example, those who work in bone marrow transplant units or with people with hematopoietic stem cell transplants. Health care providers who have contact with others with lesser degrees of immunosuppression (for example, those who work with infants in NICU; people who are undergoing chemotherapy or have diabetes, asthma taking

corticosteroids, or HIV; or pregnant women; or children) can get either LAIV nasal spray or the inactivated vaccine (shot). People with severe egg allergies should not get either type of 2009 H1N1 vaccine.

So, most health care workers can be comfortable choosing

either a shot or LAIV nasal spray vaccination. Health care workers who cannot get the nasal spray vaccine can still administer it to others.

Don't forget to get a seasonal flu vaccination as well.

CDC has longstanding recommendations that all health care workers get yearly seasonal flu vaccinations. The recommendations for who can get the seasonal LAIV nasal spray are the same as for the 2009 H1N1 monovalent nasal spray – you must be 2-49 years old, healthy and not pregnant.

Note: Seasonal LAIV and 2009 H1N1 LAIV should not be given on the same day. This is because the nasal spray vaccines might not be as effective if given together. However, you can get a combination of one flu shot and one nasal spray vaccine on the same day, or two shots.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention

