

# H1N1 Vaccine Information Sheet



## Two flues; Two Vaccines

There are two flues, seasonal flu and H1N1 circulating this year. Protecting against the two flues requires two vaccinations. Seasonal flu vaccine is widely available now. The H1N1 flu requires a separate vaccination.

The vaccine for one flu does not protect against the other flu. The two flues pose different risks to different groups of people (see below). Most people should plan to get both flu vaccinations.

## H1N1 Vaccine Priority Groups

It is recommended that certain at-risk groups be among the first to receive the H1N1 vaccine as it becomes available. These groups 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
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

## Seasonal Vaccine Priority Groups

Some groups are more likely to have complications from the seasonal flu. These include:

- Those age 65 and older
- Children younger than 2 years old
- People of any age who have chronic medical conditions (e.g. diabetes, asthma, congestive heart failure, lung disease)

## Vaccine Safety

The benefits of immunization outweigh the risks. All vaccines, including the H1N1 vaccine, are held to the highest standard of safety and are continually monitored.

Each year, millions of Americans safely receive seasonal flu vaccines. The H1N1 vaccine is made the same way as seasonal flu vaccine by the same companies that make seasonal flu vaccine. The NIH has conducted clinical trials for the H1N1 vaccine. The vaccine has been tested and safely used in children, pregnant woman, and adults

The H1N1 vaccine can prevent serious illness or even death, particularly for those who seem most vulnerable to the H1N1 flu. Not getting vaccinated could result in disease or putting others, such as babies or people with cancer, at serious risk for illness. If you care for a young baby it's important that you get vaccinated so you can protect them.

For more information go to [Flu.gov](http://Flu.gov)