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## **P R E S S   R E L E A S E**

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**FOR IMMEDIATE RELEASE**

### **Who Should Get Which Flu Vaccination When?**

Many people wonder which flu vaccinations they should get and when they should get them. The answer is based on several factors, including the type and form of the vaccine, the person's age and health condition, and government specified priorities related to severity of flu risk and availability of vaccine.

There are two basic types of flu vaccine, one for the regular or seasonal flu and one for H1N1 Flu. Almost everyone is encouraged to get the seasonal flu vaccination which is available now. The H1N1 vaccine will be available in waves or phases depending on personal risk factors, medical conditions, and how quickly the vaccine is produced and shipped from the manufacturer.

Both types of vaccine come in two forms, a nasal spray and an injection or shot. The nasal spray contains attenuated (weakened) live virus, and is generally recommended for children. The injectable flu vaccine contains inactivated flu virus, and is typically more effective with adults. The H1N1 nasal spray vaccine is recommended for children ages 2 years through 9 years of age and the families or caretakers of infants. It is not recommended for pregnant women or people with chronic medical conditions.

The H1N1 flu shot is effective with individuals between the ages of 6 months through adulthood, and is recommended for older children, teens, and adults. There is a waiting period of 4 weeks after getting a nasal spray/live vaccine before a second nasal spray vaccination can be given. However, a nasal spray vaccination for one type of flu can be combined with an injection for another type, or two injection vaccinations can be given together, for people who want to get both the H1N1 and seasonal flu vaccination at the same time.

The Centers for Disease Control has identified the following priority groups for receipt of the H1N1 Flu vaccine based on risk of severe infection and availability of the vaccine:

**Phase #1:**

- Pregnant women
- Persons who live with or provide care for infants under 6 months
- Health-care and emergency medical personnel who have direct contact with patients
- Children 6 months through 4 years
- Children age 5 – 18 years with medical conditions that put them at high risk

**Phase #2**

- Other health-care and emergency medical services personnel
- All persons 6 months to 24 years
- Persons 25 – 64 years who have medical conditions that put them at higher risk

Phase #3

- All persons 25 years and older
- Anyone else wanting protection from H1N1

The manufacturer of the H1N1 nasal spray vaccine has sent the first shipment of this vaccine, so this form of vaccination will be available prior to the injectable form. There is a limited supply in this first shipment. The Public Health Department will provide additional information about the availability of the injectable H1N1 vaccine and priority groups as more information becomes available.

For additional information and updates, visit the Santa Barbara County Health Department's flu website at [www.sbcfluinfo.org](http://www.sbcfluinfo.org) or call 888-722-6358.

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