

Specific Information about H1N1 Flu Mist Clinic 11-19-09

Where will vaccine be available?

AB Tech campus, J. Herbert Coman Student Activity Center

Erwin High School

Hominy Valley Elementary School

North Buncombe High School

Owen High School

Reynolds High School

Roberson High School

Who May Get Flu Mist this Thursday?

Healthy people who are:

- between 2 and 24 years of age
- 25 to 49 years of age and
 - live with or care for infants younger than 6 months of age, or
 - are health care or emergency medical personnel

Who Should *Not* Get Flu Mist?

These groups of people should not get flu mist:

- anyone who has had seasonal flu *mist* within the past 2 weeks. These people may have the H1N1 *shot* any time after the flu mist.
- children younger than 2 and adults 50 years and older
- pregnant women
- anyone with a weakened immune system
- anyone with a long-term health problem such as
 - heart disease
 - lung disease
 - asthma
 - kidney or liver disease
 - metabolic diseases such as diabetes
 - anemia and other blood disorders
- children younger than 5 years with asthma or one or more episodes of wheezing during the past year
- anyone with certain muscle or nerve disorders (such as cerebral palsy) that can lead to breathing or swallowing problems\

- anyone in close contact with a person with a *severely* weakened immune system (requiring care in a protected environment, such as a bone marrow transplant unit)
- children or adolescents on long-term aspirin treatment

Children who are under 10 years of age will need to have a second dose of the H1N1 vaccine (mist or shot) in order to have full immunity from this novel flu. The second vaccine should be received at least 4 weeks after the first.

The H1N1 flu vaccine is free.