

Myth Buster 11/11/09

A collaboration of Public Health – Madison & Dane County and local health care providers.

MYTH:

H1N1 Nasal Spray Flu Vaccine Is Not As Safe & Effective As The Flu Shot.

FACTS:

There are two kinds of 2009 H1N1 vaccines being produced:

1. 2009 H1N1 “flu shot” that is given with a needle, usually in the arm; and
2. 2009 H1N1 nasal spray flu vaccine given via a nasal sprayer.

Nasal spray flu vaccine is a safe, effective way to prevent flu in healthy, non-pregnant adults and children, ages 2 to 49 years. The nasal spray is just as effective as the shot for those who are able to get it. For those who do not like injections, especially children, it is a good choice. Both forms of H1N1 vaccine require children younger than 10 years to have a second dose, separated by 4 weeks.

The H1N1 nasal spray vaccine for use in the United States is made by the same company that makes the seasonal nasal spray and made in the exact same way. Had the H1N1 virus been discovered a month or two earlier, it likely would've been included as part of the seasonal flu vaccine (both injectable and nasal).

Go to www.publichealthmdc.com/disease/swineflu/immunization/vaccine.cfm for a comparison of the two types of H1N1 vaccine or detailed information about each type of vaccine:

- H1N1 Flu Vaccine Difference Chart
- 2009 H1N1 "Flu Shot"
- 2009 H1N1 Nasal Spray Flu Vaccine