

Alert:

Important FluMist Information

FluMist is a live vaccine, which can be spread to other individuals. People who have received FluMist may be contagious to other individuals for 21 days after receiving FluMist.

People who have been vaccinated with FluMist should avoid contact for 21 days with individuals who have a depressed immune system. These include people who have chronic medical conditions like cancer, HIV, rheumatological conditions, or undergoing treatment with Embrel, Remicade, or Predisone.

The FluMist vaccine is inhaled through the nose rather than administered by injection. FluMist is not as effective as the flu shot, and it is not appropriate for high-risk patients. Therefore, FluMist is NOT being offered at The Everett Clinic. We will be providing the traditional flu shot, which has been proven safe and effective.

Who can receive FluMist?

FluMist is only approved for use in healthy individuals between the ages of 5 and 49 years. The flu shot is safe and effective for most individuals from 6 months of age and older.

Can I get the flu from FluMist?

Yes, there is a chance you will develop a mild case of the flu.

If I receive the FluMist vaccine, can I give the flu to those around me?

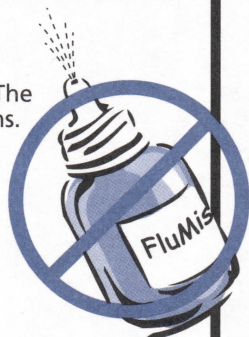
Yes, there is a chance you may give the flu to family members, friends, and co-workers. The flu shot is a killed vaccine and cannot be transmitted to other individuals.

Is FluMist the best way to avoid getting the flu?

No, the flu shot provides the best protection against the flu. The flu shot is also safe for patients with chronic medical conditions.

You should NOT get FluMist if:

- You are over 49 years of age
- You are under 5 years of age
- You are allergic to eggs or chicken feathers
- You have a history of Guillian-Barre syndrome
- You are under 18 and on aspirin therapy
- You are pregnant or nursing
- You have significant heart, lung, or chronic debilitating diseases, including asthma, diabetes, kidney disease, COPD, or sickle cell anemia



Where can I get FluMist?

It is not clear who will carry Flu Mist or if a prescription will be required to receive FluMist.

The Everett Clinic