

Swine flu nasal vaccine: Is it right for you?

The H1N1 flu (swine flu) vaccine is currently available in limited amounts in the form of a nasal (nose) spray. People in these target groups should be the **first** to take the nose spray vaccine to lessen their risk of swine flu:

- Healthy people 2 to 24 years old.
- Healthy people 2 to 49 years old who live with or care for children younger than 6 months old.
- Healthy health care or emergency medical services workers who are 49 years old or younger.

People who should **only receive shots** because the nose spray is not recommended for them:

- Pregnant women.
- Any person with a chronic health problem.
- People 50 and older.

Swine flu shots should be ready in late October for people who cannot take the nose spray. Ask your health care provider if he or she will be giving the swine flu vaccine. Talk with your health care provider or local health department about which flu vaccine is best for you and when you should get it.



What you can do to prevent flu:

Prevent the spread of flu with common sense and good hygiene. Follow these tips to avoid flu:



- Wash your hands in warm, soapy water for 15 to 20 seconds — about the time it takes to sing “Happy Birthday” twice.
- If you cannot wash your hands, use an alcohol-based hand gel.
- Teach children good health habits.
- Cover your cough or sneeze with a tissue. If you do not have a tissue, cough into the crook of your elbow, not your hand.
- Stay at home if you are sick and contact your health care provider.
- Get a swine flu vaccine (nose spray or shot) — you may need a seasonal flu vaccine and a swine flu vaccine.

For more information:

- Flu information — flu.gov
- Kentucky flu information — healthalerts.ky.gov
- Centers for Disease Control and Prevention information hot line — 1-800-CDC-INFO