



Seasonal Flu Vaccine

The single best way to prevent the flu is to get a flu vaccination each year. There are two types of vaccines for the flu- the flu shot and the nasal-spray flu vaccine. The Office of Health carries the “flu shot”, which is an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions. About two weeks after vaccination, antibodies develop that protect against influenza virus infection.

Yearly flu vaccination begins in September or as soon as vaccine is available and continues throughout the influenza season, into December, January, and beyond. While influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later.

For more information of the seasonal flu shot, read the [Vaccination Information Statement](#).

H1N1 Flu Vaccine

The H1N1 influenza vaccine will be available in an inactivated, injectable formulation and a nasal-spray, live attenuated formulation. Neither is an experimental vaccine. The 2009 H1N1 influenza vaccines are made employing the same methods and facilities used annually to produce seasonal influenza vaccine. The vaccines are undergoing additional clinical trials at this time to determine the size of the dose and the number of doses that will be needed for protection. Individuals are expected to need two doses of the vaccine spaced about 3 weeks apart.

The CDC estimates that approximately 45 million doses of H1N1 influenza vaccine will be available in mid-October. CDC anticipates that approximately 20 million additional doses will be released in each subsequent week. Keep in mind that vaccine availability is driven by a number of variables in the manufacturing process. Once vaccine is available, vaccination should begin immediately.