

H1N1: How is it different than the seasonal flu?

- Flu season typically peaks in **February** and **March** and can last through **May** (CDC, 2009)
- Seasonal flu symptoms:
 - Fever -Sore throat
 - Cough -Headache
 - Runny nose -Chills
 - Body aches -Fatigue
- **H1N1 displays additional symptoms of vomiting and diarrhea**
- Treatment:
 - Symptom management
 - Antiviral medication (Tamiflu)
- **H1N1 is more severe because the virus binds to more cell receptors than the seasonal flu virus, causing a deeper, more widespread infection (Chan, et al., 2009)**
- Affected populations:
 - Age 0-24
 - Pregnant women
 - Age 25-64 with underlying medical conditions (CDC, 2009)
- The older population does not appear to be as affected by H1N1 because of possible exposure to a similar virus in 1957.

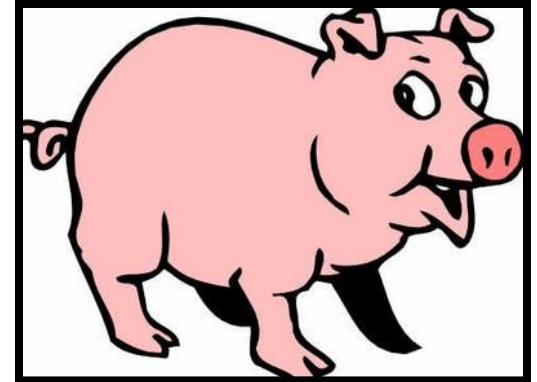
References

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GONZAGA NURSING STUDENTS**

GONZAGA NURSING DEPARTMENT

H1N1: Fraud or Fact?



"The single best way to protect against the flu is to get vaccinated." -CDC, 2009

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H1N1 Vaccine

"This vaccine will help protect individuals from serious illness and death from influenza."

**-Margaret A. Hamburg, M.D.
Commissioner of Food & Drugs**



The vaccine is available as an **injection** or a **nasal spray**.

The injection contains an **inactivated**, or killed, virus. The nasal spray contains a live, **attenuated** (weakened) virus.

Restrictions for nasal spray:

- Underlying medical conditions
- Age 2 and younger
- Age 50 and older
- Pregnant women

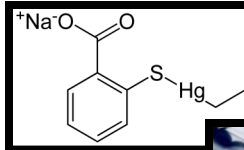
It isn't too late!

Free flu shot clinics are still being provided on campus. **Remember, the flu season lasts all the way into May.**

Does the vaccine contain mercury?

Thiomersal (a form of mercury) is a preservative used to prevent bacterial contamination of the vaccine. Inactivated viruses will contain thiomersal if they are supplied in multi-dose vials. Single dose vials may contain only traces of thiomersal (WHO, 2009).

However, thiomersal does not contain **methyl mercury**, a naturally occurring compound whose toxic effects on humans have been well studied. Thiomersal contains a different form of mercury (**ethyl mercury**), which does not accumulate and is metabolized and removed from the body much faster than methyl mercury (CDC, 2009).



Prevalance of H1N1

In Washington State, there have been **1,380 hospitalizations** and **76 fatal cases** reported to the Department of Health. 55% of cases are age 25 and older (DOH, 2010).

VACCINE SAFETY

VAERS (U.S. Vaccine Adverse Event Reporting System) reports rates of **82 adverse events per one million (.0082%)** H1N1 vaccines distributed. The majority of those who experienced adverse effects had serious underlying medical conditions (CDC, 2009).

Q. If I already had H1N1, do I still need to get the vaccine?

A. The rapid flu test administered at most doctor's offices only confirms a diagnosis of Influenza A (not specifically H1N1). Therefore, the CDC recommends getting vaccinated unless it has been confirmed by a more specific test offered by the CDC.