FluMist®
Questions and Answers

**What is FluMist®?** FluMist® is a live-virus vaccine sprayed into the nose to prevent influenza A and B. It is different from the flu shot, which is an inactivated influenza virus vaccine given as an injection or “shot.”

**Who can receive FluMist®?**
- Healthy people ages 5 to 49 can receive FluMist®.
  - Including health-care workers and contacts of people with lesser degrees of immunosuppression (e.g. diabetes, asthma or HIV)
- Health-care workers who care for the severely immunosuppressed (e.g. patients with hematopoietic stem cell transplants) can receive FluMist®, but should avoid contact with severely immunocompromised patients for seven days after vaccination.
- Close contacts of the severely immunosuppressed (e.g. people with hematopoietic stem cell transplants) can receive FluMist®, but should avoid contact with severely immunocompromised people for seven days after vaccination.

**Who should not use FluMist®?**
- People who are younger than 5 or older than 49.
- Pregnant women.
- Individuals who have chronic disorders of the cardiovascular and pulmonary system and individuals with diabetes or kidney disorders.
- People with known or suspected immune-deficiency diseases such as HIV infection, malignancy, leukemia or lymphoma.
- Individuals who may be immunosuppressed or have altered or compromised status as a consequence of treatment with systemic corticosteroids, radiation or other immunosuppressive therapies.
- People who have a history of asthma or reactive airway disease.
- People who are allergic to any component of FluMist®, including eggs or egg products.
- Children ages 5 to 17 who receive aspirin therapy or aspirin-containing therapy.
- Individuals who have a history of Guillain-Barre syndrome.

Additional information regarding conditions for which FluMist® should not be given is available at: http://www.flumist.com/

**How many doses do I need?** Children ages 5 to 8 who have not received influenza vaccine before will need two doses separated by at least six weeks. Everyone else should receive only one dose. FluMist®, like the flu shot, must be given every year to provide protection from influenza.

**Where can I get FluMist®?** FluMist® is available through your physician and some local public health units.

**Will my insurance cover the cost of FluMist®?** Contact your insurance company. Currently, Blue Cross Blue Shield of North Dakota partially covers the cost of FluMist®.

**Are there side effects of FluMist®?** Side effects can include headache, runny nose/nasal congestion and cough.