

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.