

THE PANDEMIC INFLUENZA A(H1N1) VACCINE



“VACCINATION IS GOOD PROTECTION”

This vaccine protects against influenza A(H1N1) and its complications. The novel pandemic flu virus, identified in April 2009, is now infecting people in the entire world.

DISEASE		
Flu is spread by:	Flu causes:	Possible complications:
<ul style="list-style-type: none"> > Contact with secretions from the nose and throat of an infected person 	<ul style="list-style-type: none"> > Fever > Cough > Fatigue > Headache > Muscle pain > General feeling of illness 	<ul style="list-style-type: none"> > Ear infection > Sinusitis > Bronchitis > Pneumonia > Death

VACCINE

Vaccination is the best protection against influenza A(H1N1) and its complications. The vaccine is offered to all people aged 6 months and over.

The vaccine is particularly recommended for people with higher risk of complications from influenza A(H1N1) such as children under 5 years, pregnant women and people suffering from chronic illnesses (ex.: heart, lung or kidney disease, diabetes, cancer, asthma or a suppressed immune system).

This vaccine against influenza A(H1N1) is safe. Most reactions are harmless and do not last long. Symptoms experienced after vaccination are not necessarily caused by the vaccine. This vaccine cannot give you flu.

REACTIONS

Possible reactions to the vaccine:

- > Pain (50% or more), redness and swelling (10-49%) at the injection site
- > Muscle pain, headache, fatigue and joint pain (10-49%)
- > Fever, swelling of the lymph nodes in the armpit (1-9%)
- > Red eyes, sore throat, cough, difficulty breathing (1-9%) or facial swelling (1 to 9 per 1,000) called *Oculo-Respiratory Syndrome (ORS)*
- > Dizziness, drowsiness, digestive symptoms, urticaria and rash (1 to 9 per 1,000)
- > Convulsions, neuralgia, temporary drop in the number of blood cells that help clotting (1 to 9 per 10,000)

What to do:

- > Apply a cold damp compress to the injection site
- > Take acetaminophen or ibuprofen to relieve the symptoms
- > See a doctor if symptoms are severe

There may be a very slight risk of developing Guillain-Barré Syndrome (GBS) after receiving the flu vaccine. The risk would be 1 additional case per million people vaccinated, compared with the expected GBS rate per million among the adult population, i.e. 10 to 20 cases per million. The syndrome causes progressive and reversible paralysis, which can sometimes leave permanent effects. The cause of GBS is unknown. Most cases occur following an intestinal or respiratory infection, especially in young adults and seniors.

As with any drug or biological product, an allergic reaction may occur. If a severe allergic reaction occurs, it begins within minutes and the person administering the vaccine will be able to treat it. That is why you are advised to remain at the clinic for at least 15 minutes after the vaccine is administered.

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR HEALTH,
ASK THE PERSON ADMINISTERING THE VACCINE
OR CONTACT INFO SANTÉ 8-1-1 OR YOUR DOCTOR.**