

H1N1 Nasal Flu Mist



Why Should I Get the H1N1 Nasal Mist Vaccine?

BECAUSE IT WORKS – A single spray into each nostril will give people (10 and older) good antibodies to fight off and prevent H1N1 infection. This will protect you and your loved ones. (Children age 9 and younger will need 2 doses separated by 28 days.)

BECAUSE IT IS SAFE – Studies have not found any serious side effects from the vaccine and most people have no minor side effects either. Some people may experience nasal stuffiness or low-grade fever within a few days of the vaccine.

BECAUSE IT IS AS GOOD AS THE H1N1 SHOT – In children, some studies show the nasal form of other influenza vaccines is even more effective than the shot. The nasal shot has live, weakened virus and it cannot make you or others sick.

Remember that the nasal vaccine is approved for healthy people 2-49 years of age who are not pregnant.

For more information about H1N1, call NH's H1N1 Public Inquiry Line by dialing 211 or visit www.nh.gov.