

FluMist® – Nasal spray flu vaccine for children 2 - 4 years old



Information

What is FluMist®?

- FluMist® is a live, weakened vaccine. It is given as a spray in the nose.

How many doses should my child receive?

- Children aged 2-4 who have never been vaccinated against the flu should receive two doses, four weeks apart to get the best protection.
- Children aged 2-4 who have received flu vaccine before require only one dose.

What are the side effects?

Not everyone will have side effects from this vaccine. Reported side effects are:

- **Most common:** runny/stuffy nose, reduced appetite, weakness, headache and fever
- **Common:** muscle aches
- **Uncommon:** rash, nose bleed
- **Rare:** allergic reactions



Who **SHOULD NOT** get FluMist®?

FluMist® should not be given to children who:

- Have an allergy to eggs, gentamicin, gelatin, or arginine
- Have had previous serious reactions to influenza vaccination
- Are taking aspirin or any medicines containing aspirin
- Have severe asthma and are on medication or have active wheezing
- Have seen a health care provider for wheezing in the last seven days

Which children **MAY NOT** be able to get FluMist®?

Children should be assessed by their health care provider to determine if FluMist® should be given if they:

- Have stable, non-severe asthma
- Have a weakened immune system
- Have had close contact with someone who has a severely weakened immune system
- Are taking antivirals such as Tamiflu or Amantadine

Where can I get more information?

For more information about this vaccine, contact your Public Health Unit or Community Health Centre.