



Information for Health Care Providers (11-16-09)

## FluMist<sup>®</sup> Facts for Health Care Providers

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### Nasal Spray Vaccine (LAIV) Facts for Health Care Providers

#### What is the nasal spray flu vaccine?

The nasal spray flu vaccine (sometimes called LAIV for Live Attenuated Influenza Vaccine) is a vaccine made with live, weakened viruses that cannot grow at normal body temperature, cannot make you sick and is given via a nasal sprayer. This vaccine was approved for seasonal influenza viruses in 2003 and tens of millions of doses of the vaccine have been given in the United States.

#### Who can be vaccinated with the 2009 H1N1 nasal-spray flu vaccine (LAIV)?

The 2009 H1N1 LAIV is recommended for use in healthy people 2 years through 49 years of age who are not pregnant.

#### Can health care providers get the live attenuated influenza vaccine?

Yes. LAIV is a very good option for most health care providers who are healthy, younger than 50 years old, and not pregnant. However, health care providers should not get LAIV if they are providing medical care for patients who require special environments in the hospital because they are profoundly immunocompromised (e.g., those who work in bone marrow transplant units). Although no immunocompromised patient has been shown to be harmed by use of LAIV among health care workers, the recommendation against the use of LAIV in health care workers with this type of patient contact is intended as an extra precaution for fragile immunocompromised patients. Health care workers with this type of patient contact can get LAIV, but if they do, they should wait 7 days after being vaccinated before returning to duties that include care of severely immunocompromised patients in special environments.

#### Can health care personnel in a neonatal intensive care unit (NICU) get LAIV (live attenuated influenza vaccine)?

Yes. Either the inactivated injectable influenza vaccine or the LAIV can be given to health care personnel working in a neonatal intensive care unit (NICU). Nearly all healthy, non-pregnant health care workers, including those who come in contact with persons with HIV/AIDS, newborn infants, pregnant women, persons with a solid organ transplant, and persons receiving chemotherapy (not in preparation for a bone marrow transplant) may receive LAIV if otherwise eligible. No special precautions (e.g., masks or gloves) are necessary for health care personnel who have been vaccinated with the LAIV and who do not work with patients undergoing bone marrow transplantation.

#### Are there any contraindications to giving breastfeeding mothers the 2009 H1N1 vaccine?

Breastfeeding is not a contraindication for the LAIV. Women who are breastfeeding can get LAIV including 2009 H1N1 vaccine.

#### Can pregnant women be in contact with someone who has gotten the nasal spray vaccine (LAIV)?

Yes. A pregnant woman can be in close contact with someone who has gotten the LAIV. A pregnant woman can also administer LAIV. The nasal spray vaccine against seasonal influenza viruses has been used in millions of school children and healthy adults since it was licensed, and there have been no reports of pregnant women becoming ill after exposure to their vaccinated children or other family members. This vaccine should not be given to pregnant women. While LAIV is not known to be a safety risk for pregnant women, there have not been studies of LAIV among pregnant women to assess safety and effectiveness for use in this group. LAIV can be given to women after they have delivered, even if they are nursing. CDC recommends that pregnant woman get both the 2009 H1N1 flu shot and the seasonal flu shot. Flu shots are made with a killed virus, and have not been shown to cause harm to pregnant women or their babies.

**Can health care workers who cannot receive the nasal spray vaccine (e.g., pregnant women, older adults, persons with chronic medical conditions) administer this vaccine to others?**

Yes. Health care workers who cannot get LAIV themselves can administer the vaccine to others.

**Additional Resources for on the Use of Nasal Spray Vaccines in Health Care Settings**

- Prevention and Control of Seasonal Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices (ACIP), 2009. <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5808a1.htm>
- Influenza Vaccination of Health-Care Personnel: Recommendations of the Healthcare Infection Control Practices Advisory Committee (HICPAC) and the Advisory Committee on Immunization Practices (ACIP). <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5502a1.htm>

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