

Influenza Vaccination 2009-2010

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Overview

- Seasonal Influenza
 - Impact
 - Recommendations
 - Vaccines
- Novel H1N1 influenza
 - Recommendations
 - Vaccines
- Comparisons between seasonal and Novel H1N1
- Other control measures
- Where to get vaccinated

Impact of Seasonal Influenza

- ~10-20% of all adults and up to 40% of children in the U.S. are infected with influenza each year
- ~226,000 hospitalizations annually
 - About half among those in persons ≥ 65 years of age
 - Rates of influenza hospitalization in children < 5 years similar to rates in adults ≥ 65 years
- $> 36,000$ deaths during each influenza season
 - More than 90% are in adults ≥ 65 years

Seasonal Influenza – Clinical Features

- Transmitted by respiratory secretions (coughs and sneezes) and touching infected objects
- Incubation period 1-5 days (average 2 days)
- Contagious 1-4 days prior and 5-10 days after the onset of symptoms
- Abrupt onset of fever, muscle aches, sore throat, nonproductive cough, headache (vomiting and diarrhea may be seen in childhood illness)
- Severity of illness depends on individual health status
- About 50% of infected individuals do not have any symptoms but are still contagious

All that is called the “flu” is not influenza

Seasonal Influenza Vaccine Recommendations 2009-2010

- All persons 6 months through 18 years of age
- All persons 50 years and older
- All persons with medical conditions including, but not limited to:
 - asthma, emphysema, COPD
 - cardiovascular disease
 - diabetes or other metabolic conditions
 - renal dysfunction
 - hemoglobinopathy
 - immunosuppression, including HIV infection
 - conditions that compromise respiratory function or increase the risk of aspiration
- All women who will be or are pregnant during flu season
- Household members and contacts of high-risk persons, especially infants
- All health care personnel
- **Anyone who doesn't want to get seasonal influenza**

Influenza Vaccines

- There are two types of influenza vaccine:
 - Injectable or inactivated vaccine – TIV
 - Available from many manufacturers
 - Earliest age at which any brand is licensed for use: 6 months
 - Live attenuated intranasal vaccine – LAIV
 - Only one manufacturer
 - Licensed for use ages 2 through 49 years of age
 - Dose: 0.2mL divided between nostrils

The Flu Shot (TIV)

- Contraindications
 - severe allergic reaction to a previous dose
 - Severe allergic reactions chicken eggs
 - severe allergic reactions to any other vaccine component

Influenza Vaccine (TIV) Adverse Reactions

Local reactions*	mild
Fever, malaise*	uncommon
Allergic reactions	rare
Neurological reactions	very rare

You **cannot** get “the flu” from the flu shot

*Local rxns and fever may be more common in young children

Live Attenuated Influenza Vaccine (LAIV)

- Approved only for healthy persons 2 years through 49 years of age who are not pregnant, including
 - Health care personnel
 - Persons in close contact with high-risk groups
 - Persons who want to reduce their risk of influenza

Contraindications to LAIV

- History of severe allergic *reaction to* chicken eggs or to any component of LAIV (gelatin)
- Persons <2 years or \geq 50 years
- Persons with underlying medical conditions that serve as an indicator for routine influenza vaccination
- Children or teens receiving aspirin or other salicylates
- Persons with a history of GBS after influenza vaccination
- Pregnant women

LAIV Adverse Reactions

- Runny nose, nasal congestion, headache, sore throat were the most commonly reported conditions
- Fever and malaise were uncommon

Avoid blowing the nose after administration; wiping is okay

If there is sneezing after administration, do not administer a second dose; give only the two sprays

H1N1 Vaccine

Novel Influenza A H1N1

- Novel influenza A (H1N1) virus first caused illness in California and Mexico with further spread in the US in March and April, 2009
- Infection has spread globally
- No genetic changes have been seen since the start of the outbreak
- Severity of disease continues to be no more severe than seasonal influenza
- Currently most of the US is seeing widespread influenza like illness

Comparisons With Seasonal Flu

- Spreads the same way
- Duration of illness is the same.
- Severe illnesses and death occurs as with seasonal influenza
 - There is no evidence that H1N1 disease is more severe
- Pregnancy and other medical conditions (*e.g.*, asthma and diabetes) that increase the risk of influenza-related complications are associated with increased risk of complications from novel H1N1
- **Largest number of novel H1N1 flu cases have been identified persons 5 to 24 years of age**
- Adults older than 64 years do not appear to be at increased risk of novel H1N1-related complications

Novel H1N1 Vaccine

- Novel Influenza A (H1N1) is NOT included in the seasonal influenza vaccine
 - a separate vaccine to provide protection will be available
- Younger children will need 2 doses of the Novel H1N1 vaccine to provide protection*; older children and adults will require only one dose*
 - doses will be separated by ~1 month

*final guidance will be forthcoming

Novel H1N1 Influenza Vaccine Recommendations 2009-2010

- All pregnant women, at any stage of pregnancy
- People who live with or care for children younger than 6 months of age
- Health care and emergency personnel
- All persons 6 months through 24 years of age
- All persons 25 through 64 years of age with chronic medical conditions or compromised immune systems, including but not limited to:
 - asthma, emphysema, COPD
 - cardiovascular disease
 - diabetes or other metabolic conditions
 - renal dysfunction
 - hemoglobinopathy
 - immunosuppression, including HIV infection
 - conditions that compromise respiratory function or increase the risk of aspiration

Seasonal and Novel H1N1 Vaccines

- There are no contraindications to giving multiple vaccines at the same time
- Seasonal flu vaccine and novel H1N1 vaccine may be given at the same visit if:
 - Injectable (TIV) flu vaccines are used
 - One is LAIV and the other is TIV
 - **NOTE:**
- Seasonal and novel intranasal vaccines (LAIV) may **not** be given at the same visit; the two intranasal vaccines **must** be separated by a minimum of 28 days

Seasonal and Novel H1N1 Vaccines

- Both vaccines are manufactured the same
- H1N1 approved as a strain change from seasonal influenza vaccine
- Anticipate that H1N1 vaccine should have similar side effect profile to seasonal influenza vaccines

Additional Ways to Prevent Influenza

- Hand hygiene
 - Soap and water or alcohol-based cleaners
- Cover your nose and mouth with a tissue when you cough or sneeze
 - Throw the tissue in the trash after use and then wash your hands
- Keep your fingers out of the face
 - Avoid touching your eyes, nose or mouth
- As possible, avoid close contact with sick people
- If sick with a flu-like illness, stay home until symptom-free for 24 hours.
 - Don't spread disease by infecting others

Where to Get Vaccinated

- Your own provider
- Employer
- NYC DOHMH Flu locator www.nyc.gov/flu
- Points Of Distribution (POD)
 - Planned for November
- School based vaccination

Thank You

Questions?

Obtaining H1N1 Vaccine

- DOHMH will provide technical assistance to providers interested in registering with CIR
- To register your practice, or to get more information about the CIR, please visit <http://www.nyc.gov/html/doh/html/cir/a03c.html> or call 212-676-2323.
- Once providers are registered, they will receive additional information on ordering H1N1 influenza vaccine.