

Which type of vaccine is right for you?

Injection? or Nasal Mist?

1. Nasal mist is approved for ages 2 to 49. So, if you are outside of that age group:  **Injection**

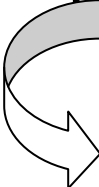
2. Then, ask these questions:

- Are you pregnant?
- Do you have respiratory problems, such as asthma?
- Are you on long-term aspirin therapy?
- Is your immune system compromised?

Yes?



Injection



While all the injections have the same vaccine, there are different doses for different ages. You'll have to ask if this clinic has the right type for a toddler, for instance.

No?



**Consider the
nasal mist**

Consider this:

- It is so weakened that you are not contagious after receiving it.
- By taking the nasal mist, you allow another injection to be available for an asthmatic person.
- Those who hate getting shots prefer this method of a tiny spray into each nostril.

Not sure? Read the fact sheets on both types of vaccine at the clinic, online at MA DPH or the Town website. Still not sure? Please talk to your doctor. You can also dial 211 with questions about the H1N1.1 vaccine.

This decision flowchart was designed by Cathleen Drinan, health agent for Halifax, MA. She'd be happy to tell you why she's convinced of the safety (for most people) and efficacy of nasal mist, even for her grandchildren!

Updated 12-7-09