Knox County Health Department

FluMist Project: 2008
Public Health Goals

- Identify Community Health Issues
- Mobilize community partnerships to identify and solve health problems
- Inform, educate and empower people about health issues
- Evaluate effectiveness, accessibility, and quality of community health services
- Research for new insights and innovative solutions to health problem
How does flu vaccine fit into this picture?

Every year in the United States, on average:

- 5% to 20% population gets flu
- More than 200,000 people hospitalized from flu complications
- About 36,000 people die from flu
- Some people, such as older people, young children, and people of any age with certain health conditions, are at high risk for serious flu complications.
The benefit of flu vaccine

- Every year, flu creates a substantial impact – medically and economically – on our community

- “Vaccination is cornerstone for the control and treatment of influenza”
  
  Centers for Disease Control
Why focus on children?

- Rates of flu infection highest among school age children

- Flu in children associated with increase in secondary infections
  - Ear infections, respiratory and sinus problems = Increased # doctor visits and school absences

- Benefits for larger community: protecting
  - Younger siblings (<6 months old) at greatest risk for flu complications
  - Older adults in contact with children
Why FluMist?

**Live Attenuated Influenza Vaccine**

“FluMist”

- Stimulates immune response similar to body’s response to natural infection

*AND*

- Cannot give you the flu
- Same or better effectiveness as flu “shot”
Is FluMist Safe? YES!

- Live virus, but:
  - *Attenuated* (weakened: produces mild/no flu symptoms)
  - *Cold-adapted* (stimulates immune response in upper nasal passages while restricting other flu viruses from replicating)
  - *Temperature sensitive* (can’t replicate efficiently in lower airways)

- Does not contain mercury (thimerosal) or other preservatives
What are side effects of FluMist?

In more than 2,000,000 doses given:

- Most common side effect: runny nose
  - Less common: Nasal congestion, headache, sore throat
  - Serious side effects <1%

No statistical difference in adverse effects between FluMist and placebo in healthy children
Who Can Take FluMist?

- FluMist is approved for use in healthy people between the ages of 2 and 49 years.
Who Can’t Take FluMist?

- People less than 2 years of age
- People 50 years of age and over
- People with a medical condition that places them in a high risk for complications from influenza, including those with chronic heart or lung disease, such as asthma or reactive airways disease; people with medical conditions such as diabetes or kidney failure; or people with illnesses that weaken the immune system, or who take medications that can weaken the immune system.
- Children or adolescents receiving long-term aspirin therapy
- People with a history of Guillain-Barré syndrome, a rare disorder of the nervous system
- Pregnant women
- People with a history of allergy to any of the components of LAIV or to eggs
FluMist Essentials

- Two rounds of vaccinations
  - 1st Round (Sept 22 – October 17)
  - 2nd Round (December 2 – 12)
    - Only for Grades K – 5, Head Starts, and Daycares

- 2nd Round of Vaccination at least 4 weeks after 1st dose for vaccine naïve receiving second dose
FluMist Essentials

- Schedule of Vaccination Clinics and Consent Form will be posted at [www.knoxcounty.org/health](http://www.knoxcounty.org/health) on the FluMist link, which will be available on August 29, 2008.

- Consent Forms must be completed and signed or Student will NOT be vaccinated.
Planning Considerations: FluMist Clinics

- Consent form and vaccine information sent to parents through school channels

- Signed consents sent back to school: Homeroom or 1st Period Teacher → Principal’s office

- School volunteers trained by Health Department to prescreen consent forms to check for completeness
Vaccination Campaign in Succeeding Years

- KCHD believes this school-based influenza vaccine program is good for our community.

- However, it is a costly endeavor, both financially and in manpower. The vaccine alone costs almost one million dollars.

- Alternative funding sources and delivery methods will be needed in order for this project to continue.

- We continually seek input and partners to sustain this project.
In Summary

- FluMist vaccination keeps children, their families, and our community healthy.
- FluMist vaccination is free, safe, and effective.
- Accessible: done at schools during school hours for most children.
Questions?
Resources

- Your physician
- School Nurse
- www.knoxcounty.org/health
- www.cdc.gov/flu
- www.flumist.com
- 211 phone bank