

# Knox County Health Department

## FluMist Project: 2008

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# Public Health Goals

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- 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

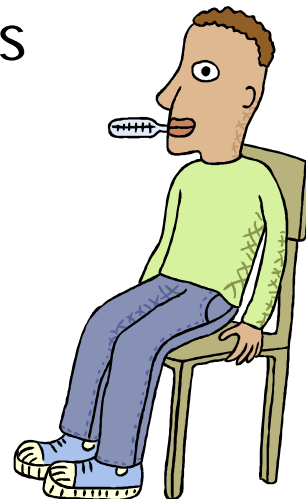
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- Every year, flu creates a substantial impact – medically and economically – on our community
- “Vaccination is *cornerstone* for the control and treatment of influenza”

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!

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- 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?

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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?

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- FluMist is approved for use in healthy people between the ages of 2 and 49 years



# Who Can't Take FluMist?

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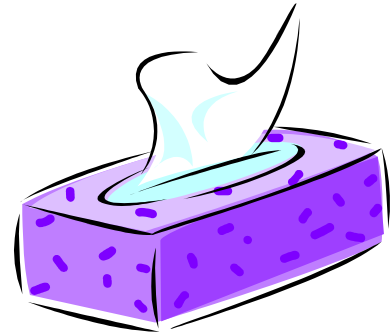
- People less than 2 years of age
- People 50 years of age and over
- People with a medical condition that places them in a high risk for complications from influenza, including those with chronic heart or lung disease, such as asthma or reactive airways disease; people with medical conditions such as 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

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- Two rounds of vaccinations
  - 1<sup>st</sup> Round (Sept 22 – October 17)
  - 2<sup>nd</sup> Round (December 2 – 12)
    - Only for Grades K – 5, Head Starts, and Daycares
- 2<sup>nd</sup> Round of Vaccination at least 4 weeks after 1<sup>st</sup> dose for vaccine naïve receiving second dose





# FluMist Essentials

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- 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

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- Consent form and vaccine information sent to parents through school channels
- Signed consents sent back to school: Homeroom or 1<sup>st</sup> Period Teacher → Principal's office
- School volunteers trained by Health Department to prescreen consent forms to check for completeness



# Vaccination Campaign in Succeeding Years

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- **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

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- 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?

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# Resources

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- Your physician
- School Nurse
- [www.knoxcounty.org/health](http://www.knoxcounty.org/health)
- [www.cdc.gov/flu](http://www.cdc.gov/flu)
- [www.flumist.com](http://www.flumist.com)
- 211 phone bank