

**H1N1 Update**  
**NH Department of Health and Human Services**  
**December 2, 2009**

- The H1N1 vaccine doses are continuing to arrive in New Hampshire from the CDC. The NH Immunization Program at the Department of Health and Human Services is distributing the vaccine to all providers who have signed up to administer it. NH DHHS is also reaching out to hospitals to help improve the distribution of vaccine in the State.
- Clinics have begun operating in local communities for people in high-risk groups to receive the vaccine by appointment. Young adults 18-24 with underlying chronic medical conditions and adult caregivers of children younger than 6 months especially are encouraged to go to a local clinic.
- Based on Centers for Disease Control and New Hampshire Ethics Committee guidelines, the following groups are now eligible to receive the H1N1 vaccine in the State:
  - People caring for or living with infants younger than 6 months, including partners of pregnant women
  - All children between 6 months to 4 years of age
  - People 18-24 years of age with underlying medical conditions

In addition, the following groups remain eligible to receive the vaccine in New Hampshire:

- Health care workers and emergency medical services (EMS) personnel with direct patient contact
  - Pregnant women
  - Children 6 months to 18 years of age with chronic medical conditions
- It is important for pregnant women to get the H1N1 flu shot. According to the Centers for Disease Control and Prevention, pregnant women are at increased risk of serious illness, hospitalization, and death from the virus. Research has found that the flu shot protects both a woman and her baby, pregnant women who had a flu shot got sick less often with the flu than pregnant women who did not get a flu shot, and babies born to mothers who had a flu shot in pregnancy got sick with the flu less often than babies whose mothers did not get a flu vaccine. Pregnant women should receive the injectable H1N1 and seasonal flu vaccines, not the nasal spray vaccine.
  - Federal officials report that as of November 27<sup>th</sup>, 61.2 million doses of the H1N1 vaccine have been allocated/made available. For more information, go to [www.cdc.gov/h1n1flu/vaccination/vaccinesupply.htm](http://www.cdc.gov/h1n1flu/vaccination/vaccinesupply.htm)
  - As of November 21<sup>st</sup>, the NH Immunization Program has distributed 210,539 doses to providers.

- There are three types of vaccine: nasal spray approved for healthy people 2-49 years of age who are not pregnant; multi-dose vials that contain a preservative to prevent contamination, available for children and adults; and single-dose syringes that are preservative-free and generally reserved for children 6 months to 35 months and for children whose parents prefer the preservative-free vaccine.
- The 2009 H1N1 virus continues to be the dominant influenza virus in circulation in the world. The CDC reports that nationally that almost all circulation influenza at this time is H1N1.
- For more information, go to [www.nh.gov](http://www.nh.gov) or [www.flu.gov](http://www.flu.gov). People can also call the NH public inquiry line with questions by dialing 2-1-1.