

Self-Screening Checklist for FluMist

FluMist nasal-spray vaccines are available for both seasonal flu and H1N1 flu and are recommended for healthy people in the groups below.

Should I get vaccinated?

If you check **all four boxes**, you may choose to be vaccinated with FluMist.

1. I am at least 2 years of age but younger than 50 years of age
AND
2. I am healthy and do not have any of the following:
 - Pregnancy
 - Kidney disease
 - Heart disease
 - Blood disorders (including anemia)
 - Lung disease including asthma, COPD (chronic obstructive pulmonary disease)
 - Possible reactive airway disease (wheezing in the past 12 months) in a child age 2 through 4 years
 - Metabolic disease (including diabetes and liver disease)
 - Neuromuscular conditions that make breathing difficult
 - Have a weakened immune system caused by cancer or cancer treatment, HIV/AIDS, or steroid therapy
 - I am less than 18 years of age with a condition that requires ongoing aspirin therapy
3. I have not taken any antiviral medication (such as Tamiflu or Relenza) for flu symptoms in the last 48 hours
4. I have not received any other live virus vaccine in the past 28 days. This includes measles, mumps, rubella (MMR) vaccine, chickenpox (VAR) vaccine, or another nasal-spray flu vaccine

I checked all four boxes above, but I cannot receive FluMist vaccine because:

- I have a severe allergy to hens' eggs or to a previous dose of flu vaccine
- I have a history of Guillain-Barré disease
- I'm moderately or severely ill today (Get vaccine when better)
- My nose is stuffed up (Wait until it clears up)
- I care for or am a family member of person(s) who are severely immunocompromised such that they need to be hospitalized in protective isolation