



### **Flu Vaccine: Seasonal Flu and Pandemic 2009 H1N1 (swine) Flu**

The Centers for Disease Control and Prevention (CDC) and the San Diego County Public Health Department are recommending that all parents should have their children immunized with the seasonal flu vaccine and the pandemic 2009 H1N1 flu vaccine.

Parents of children with an ongoing health condition (see the box below) should take extra precautions. According to the CDC guidelines, if your child has one of these health conditions, you should:

1. Be sure your child is immunized **as early as possible** with pandemic 2009 H1N1 flu vaccine, as your child is in a high priority group.
2. Notify your child's doctor if your child develops flu-like symptoms (such as fever, cough, sore throat). While most children do not need to be seen by the doctor when they develop flu, children with these conditions should do so.

#### **High Priority Conditions (as defined by CDC):**

- Lung diseases and breathing-related problems: like moderate asthma and severe asthma, cystic fibrosis, tracheostomy, those requiring oxygen or a ventilator
- Heart disease
- Chronic kidney disease
- Metabolic diseases, like diabetes
- Blood disorders, like sickle cell or other severe anemia
- A weakened immune system caused, for example, by cancer or cancer treatment, HIV/AIDS, organ transplant, or corticosteroid therapy
- Nervous system or muscular disorders or seizure disorders (including cerebral palsy, muscular dystrophy), especially if they have been associated with any breathing problems or increased the risk of inhaling oral secretions
- Pregnancy

For more information, please call the district H1N1 Information Phone Line at (619) 260-5409 or email [H1N1@sandi.net](mailto:H1N1@sandi.net).