



South Lake Star

Appointment Line
952-401-8300

Website and Online
Appointments
southlakepediatrics.com

H1N1-- Frequently Asked Questions

Is the H1N1 vaccine safe? Has it been adequately tested?

Yes. The process for manufacturing this vaccine is the same as for seasonal influenza A, which has been used for at least 20 years. Millions of doses of that vaccine have been safely given.

Are vaccines with mercury (thimerisol) safe?

Scientific studies have not shown a connection between thimerisol in vaccines and diseases or chronic conditions in patients receiving those vaccines. The Center for Disease Control and Minnesota Department of health feel patients who are at risk for serious complications from H1N1 and need the vaccine should not delay immunization while waiting for a thimerisol free version.

Why do children under 10 years of age need a booster or second dose?

Young children do not respond to a single vaccine dose as well as older people and need a booster, a second dose, about one month after the first one for complete protection.

Is H1N1 worse than regular seasonal influenza?

Both seasonal influenza and H1N1 can lead to hospitalization and death, particularly in high risk groups (such as pregnant women and children with uncontrolled asthma or cystic fibrosis). Most of us are not immune to H1N1, since it is a new strain of the influenza virus. Most of us will contract the illness unless vaccinated. This could overwhelm our health care system and our schools and our economy.

What are the side effects of H1N1 vaccination?

Any shot can cause soreness at the injection site and some patients may have a low grade fever for 1-2 days. The nasal spray version could cause a stuffy nose for a few days or stinging for a short time after receiving the vaccine. If you or your child have or are in contact with someone who has a weak immune system because of illness or chemotherapy, you should not get the nasal spray version. Full side effects are detailed in vaccine information sheets from the CDC.

Can you get H1N1 more than once?

No—but unless you had a specific test for H1N1 (which is rarely done unless you are critically ill because it takes as long as 2 weeks to get the results and is very expensive) you cannot be positive your illness was caused by the H1N1 virus.



If you think you had H1N1, should you still get the vaccine?

Yes, unless you had the very specific test done to prove the illness was caused by H1N1, since another virus can give you the exact same symptoms.

Will the H1N1 vaccine guarantee my child will not get the illness?

No vaccine is 100% effective, but the H1N1 vaccine GREATLY increases the odds you will not get the illness.

Frequently Asked Questions, continued from front page**Do South Lake Pediatrics clinicians and their children get the H1N1 vaccine?**

Yes.

How long will the H1N1 vaccine be effective?

The vaccine should be effective for the current influenza season and beyond, unless the virus mutates (changes in some way).

If my child is allergic to eggs, what should I do?

Discuss options with our triage nurses or your South Lake Pediatrics clinician.

What if my child is not vaccinated?

Your child could get the illness and become severely ill. They will miss school or work and pass the illness on to others.

For current, reliable information, check the South Lake Pediatrics, Minnesota Department of Health, and/or Center for Disease Control web sites.

If I Had My Child to Raise Over Again

By Diane Loomans



If I had my child to raise all over again,
 I'd build self esteem first, and the house later.
 I'd fingerpaint more, and point the finger less.
 I would do less correcting and more connecting.
 I'd take my eyes off my watch, and watch with my eyes.
 I would care to know less and know to care more.
 I'd take more hikes and fly more kites.
 I'd stop playing serious, and seriously play.
 I would run through more fields and gaze at more stars.
 I'd do more hugging and less tugging.
 I'd see the oak tree in the acorn more often.
 I would be firm less often, and affirm much more.
 I'd model less about the love of power,
 And more about the power of love.

easyCARE Information**easyCARE**

See clinicians you know and trust at your convenience, at a location and time that works best for you.

No appointment is needed for minor illnesses such as sore throats, earaches, rashes, pink eye, fever and minor injuries.

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Maple Grove - 8 a.m. till 5 p.m. Monday through Friday

Plymouth - 8 a.m. till 5 p.m. Monday through Friday

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