



Frequently Asked Questions

FluMist® (Nasal Spray Vaccine)

What is FluMist®?

FluMist® is a live, (weakened) flu vaccine that is administered by a gentle nasal spray.

Who can be vaccinated with FluMist®?

FluMist® is approved for use in healthy* people **2-49 years of age** who are not pregnant. A medical screening will be completed prior to the administration of FluMist® at the clinic.

Who should not be vaccinated with FluMist®?

- People less than 2 years of age
- People 50 years of age or older
- People with a medical condition that places them at high risk for complications from influenza, including those with chronic heart, lung disease, diabetes, kidney failure or illnesses that cause a weakened immune system
- Children >5 years old with a history of recurrent wheezing
- Children or adolescents receiving aspirin
- People with Guillain-Barre syndrome, Pregnant women or women expecting to become pregnant during the flu season
- People who have a severe allergy to chicken eggs or who are allergic to any of the nasal spray vaccine components

Does FluMist® contain thimerosal or other preservatives?

No, FluMist® is thimerosal and preservative free.

Can I get the flu from FluMist®?

Unlike the flu shot, the nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened) and cannot cause flu illness.

How do I pay for the FluMist®?

MVNA bills 4 major health/insurance plans or you may pay by cash or check (\$32 for FluMist®).

*"Healthy" indicates persons who do not have an underlying medical condition that predisposes them to influenza complications.

Source: Center for Disease Control: www.cdc.gov/flu