



# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4

### In This Issue

**Surviving Winter Storms**

**First Aid Basics**

**Preparing for Winter**

**Solar Heating**

**Worst U.S. Winter Storms**

### Next Issue...

**Driving in Winter Weather**

**Agency Disaster Planning**

**Pandemic Flu Threat**

### U.S. Disaster Watch

**Plains states blizzards**

**House fires due to alternative heating accidents**

## Surviving Winter Storms

### OUTSIDE

Find shelter: Try to stay dry. Cover all exposed parts of the body.

No shelter: Prepare a lean-to, wind-break, or snow cave for protection from the wind. Build a fire for heat and to attract attention. Place rocks around the fire to absorb and reflect heat.

Do not eat snow. It will lower your body temperature. Melt it first.

### IN A CAR OR TRUCK

Stay in your car or truck. Disorientation occurs quickly in wind-driven snow and cold.

Run the motor about ten minutes each hour for heat:

- Open the window a little for fresh air to avoid carbon monoxide poisoning.
- Make sure the exhaust pipe is not blocked.

Make yourself visible to rescuers:

- Turn on the dome light at night when running engine.
- Tie a colored cloth (preferably red) to your antenna or door.
- Raise the hood indicating trouble after snow stops falling.

Exercise from time to time by vigorously moving arms, legs, fingers, and toes to keep blood circulating and to keep warm.

### AT HOME OR IN A BUILDING

Stay inside. When using alternative heat from a fireplace, wood stove, space heater, etc.:

- Use fire safeguards. and properly ventilate.

*Continued on Page 2 ...*

# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 2

### Surviving Winter Storms

*Continued from Page 1*

If there is no heat:

- Close off unneeded rooms.
- Stuff towels or rags in cracks under doors.
- Cover windows at night.

Eat and drink. Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration. Wear layers of loose-fitting, light-weight, warm clothing. Remove layers to avoid overheating, perspiration, and subsequent chill.

Avoid exhaustion, such as shoveling heavy snow, pushing a car, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.

#### WHEN A WINTER STORM IS APPROACHING

Keep ahead of the storm by listening to NOAA Weather Radio, commercial radio, and television for the latest winter storm watches, warnings, and advisories.

What to Listen For:

- **WINTER STORM WATCH:** Severe winter conditions, such as heavy snow and/or ice, are possible within the next day or two. Prepare now!
- **WINTER STORM WARNING:** Severe winter conditions have begun or are about to begin in your area. Stay indoors!
- **BLIZZARD WARNING:** Snow and strong winds will combine to produce a blinding snow, near zero visibility, deep drifts, and life-threatening wind chill. Seek refuge immediately!
- **WINTER WEATHER ADVISORY:** Winter weather conditions are expected to cause significant inconven-

iences and may be hazardous. If caution is exercised, these situations should not become life-threatening. The greatest hazard is often to motorists.

- **FROST/FREEZE WARNING:** Below freezing temperatures are expected and may cause significant damage to plants, crops or fruit trees. In areas unaccustomed to freezing temperatures, people who have homes without heat need to take added precautions.

#### BE PREPARED

Before the Storm strikes, be prepared at home and at work. Primary concerns are the potential loss of heat, power, telephone service, and a shortage of supplies if storm conditions continue for more than a day.

Have available:

- Flashlight and extra batteries.
- Battery-powered NOAA Weather Radio and portable radio to receive emergency information. These may be your only links to the outside.
- Extra food and water. High energy food, such as dried fruit or candy, and food requiring no cooking or refrigeration is best.
- Extra medicine and baby items.
- First-aid supplies.
- Heating fuel. Fuel carriers may not reach you for days after a severe winter storm.
- Emergency heating source, such as a fireplace, wood stove, space heater, etc.

Learn to use properly to prevent a fire:

- Have proper ventilation.
- Fire extinguisher and smoke detector.
- Test units regularly to ensure they are working properly.

#### ON THE FARM

Care for your animals:

*Continued on Page 3...*

# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 3

### Surviving Winter Storms

*Continued from Page 2*

- Move animals to sheltered areas.
- Shelter belts, properly laid out and oriented, are better protection for cattle than confining shelters, such as sheds.
- Haul extra feed to nearby feeding areas.
- Have a water supply available. Most animal deaths in winter storms are from dehydration.

### TRAVELING IN CARS AND TRUCKS

Plan your travel and check the latest weather reports to avoid the storm!

- Fully check and winterize your vehicle before the winter season begins.
- Keep your gas tank near full to avoid ice in the tank and fuel lines.
- Try not to travel alone.
- Let someone know your timetable and primary and alternate routes.

Carry a WINTER STORM SURVIVAL KIT:

- Blankets/sleeping bags; flashlight with extra batteries; first-aid kit; knife; high-calorie, non-perishable food; extra clothing to keep dry; a large empty can and plastic cover with tissues and paper towels for sanitary purposes; a smaller can and water-proof matches to melt snow for drinking water; sack of sand (or cat litter); shovel; windshield scraper and brush; tool kit; tow rope; chains or boards for traction; booster cables; water container; compass and road maps.

### DRESS TO FIT THE SEASON

Wear loose-fitting, light-weight, warm clothing in several layers. Trapped air insulates. Layers can be removed to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat. Half your body heat loss can be from the head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry.

### Solar Heating

*Understanding Solar*

*The sun gives us energy in two forms: light and heat.*

For many years, people have been using the sun's energy to make their homes brighter and warmer. Today, we use special equipment and specially designed homes to capture solar energy for lighting and heating.

*Solar collectors* trap the sun's rays to produce heat. Most solar collectors are boxes, frames, or rooms that contain these parts: (1) clear covers that let in solar energy; (2) dark surfaces inside, called absorber plates, that soak up heat; (3) insulation materials to prevent heat from escaping; and (4) vents or pipes that carry the heated air or liquid from inside the collector to where it can be used.

### Why Use Solar Heating Systems?

Natural gas and oil, which are burned to heat our homes and water, are limited. As reserves of gas and oil shrink, these fuels become more expensive. If more people began using solar heating systems, fossil fuels such as oil and gas would become less expensive and last longer. Burning natural gas and oil in our heating systems also causes air pollution. Even electric water and space heaters cause air pollution indirectly, because coal and natural gas are burned to produce electricity in large power plants. So if more people used solar energy to heat the air and water in their homes, our environment would be cleaner.

### Links for More Information:

**Solar Heating and You**  
(includes how to make a simple solar heater)  
<http://www.communityservices.nd.gov/uploads%5Cresources%5C233%5Csolar.pdf>

# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 4

### Ten Worst U.S. Winter Storms *From Epic Disasters Website*

<http://www.epicdisasters.com/>

#### **1. The Schoolhouse Blizzard (aka The Schoolchildren's or Children's Blizzard)**

**January 12, 1888 - Great Plains States**

This blizzard gets its name from the many schoolchildren who died when trapped in one room school houses. More than 230 are said to have died. The tragedy of this storm was created by its suddenness, and by the warm conditions that immediately preceded it. Lulled into complacency by a balmy day, people ventured from their houses to do chores and head to town. Many were improperly dressed. Then, an arctic front crashed into moisture laden air from the Gulf of Mexico, bringing sudden drops of temperature to as low as -40° F, as well as large amounts of snow.

#### **2. The Great Blizzard of 1888 (the Great White Hurricane)**

**March 11 - 14, 1888 - Eastern United States**

Snowfall of 40 to 50 inches was recorded over New Jersey, New York, Massachusetts and Connecticut as sustained winds created drifts as much as 50 feet tall. Total deaths are thought to have exceeded 400. Most of the cities on the eastern seaboard were shut down for days, if not weeks.

#### **3. The Great Blizzard of 1899**

**February 11 - 14, 1899 - Continental United States**

From Georgia to Maine, temperatures dropped to record temperatures. Tallahassee reached -2 F; Minden, Louisiana, -16° F; Camp Logan, Montana, -61° F; Washington, D.C., -15° F. Snowfall began in Florida and moved rapidly north. Washington, D.C. recorded 20 inches in a single day; New Jersey, 34 inches-still a record.

#### **4. The Great Lakes Storm of 1913 (The Big Blow)**

**Nov 7 - 10, 1913 - Midwestern US and Ontario Canada**

Also known as the Freshwater Fury and the White Hurricane, the Big Blow may have been the worst US winter storm on record. It killed more than 250, primarily from ships that were sink. Five of the twelve ships downed by the storm were never found. Caused by the convergence of two storm fronts over the Great Lakes' relatively warm waters, the storm generated 60-90 mph winds that lasted as long as 16 hours. Wind driven waves rose to 35 feet and whiteouts covered the region. The cyclonic system, with its counterclockwise winds was, in fact, a hurricane. The storm was of the same type- a November gale- that famously sank the Edmund Fitzgerald in 1975.

#### **5. The Knickerbocker Storm**

**January 27 - 28, 1922 - Upper South and Mid Atlantic States**

This storm was named for the collapse of the Knickerbocker Theater in Washington, D.C., which killed 98 and injured 133. A storm cyclone which dropped as much as three feet of snow in Maryland, Virginia and Pennsylvania, the Knickerbocker affected 22,400 square miles of northeastern United States.

*Continued on Page 5...*

# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 5

### Ten Worst U.S. Winter Storms

*Continued from Page 4*

#### **6. Armistice Day Blizzard**

**November 11 - 12, 1940 - Midwestern United States**

The Armistice Day Blizzard was an early storm that encompassed Nebraska, South Dakota, Iowa, Minnesota, Wisconsin and Michigan. Snowfall of up to 27 inches were combined with winds of 80 miles per hour, snow drifts of twenty feet and a fifty degree drop in temperature. The blizzard surprised many hunters who were out for the beginning of duck season and had not prepared for such a storm. In Minnesota, twenty five hunters are said to have died. In all, 154 died in the storm, including 66 sailors on Lake Michigan.

#### **7. The Great Appalachian Storm of 1950**

**November 24 - 30, 1950 - Eastern United States**

Heavy winds, rain, and blizzard conditions followed an extra tropical cyclone as it moved through the Eastern United States. Deaths totaled 353, and US insurance companies ended up paying more for damages than for any previous storm. Record cold was recorded in Florida (24° F), Georgia (3° F), Kentucky (-2° F) among others.

#### **8. The Great Storm of 1975**

**January 9 - 12, 1975 - Central and Southeast US**

This storm system resulted in snow in the Midwest and 45 tornadoes in the southeast, together killing a total of 70 people. It began in the Pacific, crossed the Rockies, and then collided with an arctic air front and tropical moisture from the Gulf of Mexico. It produced record low barometric pressures in the Midwestern United States. Strangely, while the storm produced huge amounts of snow in the upper Midwest, it also produced record high temperatures. More than a foot of snow fell from Nebraska to Minnesota, while sustained winds of 30 - 50 mph produced 20 foot snowdrifts. Meanwhile, in Chicago, Indianapolis, and Indiana record high temperatures were set.

#### **9. The Storm of the Century**

**March 11 - 15, 1993 - Eastern United States**

This massive cyclonic storm had arms that at one point reached from Canada to Central America. More than 300 were killed. Alabama and Georgia were hit by as much as six inches of snow. Areas further south received up to 16 inches of rain. Tornadoes and thunderstorms broke out all over the South. In the northeast, record low temperatures were accompanied by large amounts of snow; some affected areas received as much as 3.5 feet, while drifts piled as high as 35 feet. Storm surges as high as twelve feet were recorded.

#### **10. Blizzard of 1999**

**January 2 - 4, 1999 - Midwestern United States**

With 22 inches of snow in Chicago, the Blizzard of 1999 was rated at the time by the National Weather Service as the second worse to hit the Midwest in the 20th Century. Temperature as low as -20 degrees Fahrenheit were recorded. Storm related deaths totaled 73 persons.

# Disaster Preparedness Newsletter

## November, 2008

Volume 1, Number 4, Page 6

### How to Prepare Your Home for Winter

*By eHow Home & Garden Editor*

*Some of these steps require professional help - call early, as calendars get full in the weeks leading up to winter.*

#### Things You'll Need:

Batteries, Sand, Storm Windows, Weather Stripping, Rock Salt, Snow Shovels, Caulks, Insulation.

#### Step 1

Add a second layer of insulation to your attic. R-30 insulation is considered the minimum. If your house is relatively new, it probably conforms. If not, consider adding insulation.

#### Step 2

Caulk around window and door glass and trim, and all exterior trim. Install or replace weather stripping on all doors and windows. Check for cracks around pipes and electrical outlets entering or exiting the walls.

#### Step 3

Install storm windows and doors if you have them. Consider purchasing storm windows if you have older windows that are not made from modern insulated glass.

#### Step 4

Have your heating system checked by a licensed heating/air-conditioning professional. Most furnace manufacturers recommend at least annual inspections.

#### Step 5

Check gutters and clean them if necessary. Clogged gutters can result in basement flooding when the snow melts.

#### Step 6

Replace any roof shingles that are missing or damaged.

#### Step 7

Have your chimneys inspected by a chimney service and, if necessary, cleaned.

#### Step 8

Check the foundation for areas where water may puddle.

#### Step 9

Trim trees away from the house. Have dead trees and branches removed by professional tree trimmers, or do it yourself.

#### Step 10

Drain and shut off outdoor water faucets.

#### Step 11

Insulate any water pipes that are exposed to freezing cold.

#### Step 12

Replace the batteries in carbon monoxide and smoke detectors, and check to make sure these are all in working order.

#### Step 13

Check fire extinguishers and charge and replace as necessary.

#### Step 14

Make sure you are stocked with rock salt, sand, snow shovels and any other items you will need during the winter.

# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 7

### First Aid Kits

*First Aid Stock Supplies that can Save Lives*

**Date updated: January 16, 2008**

**Content provided by MayoClinic.com**

*A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits in easy-to-retrieve locations that are out of the reach of young children. Children old enough to understand the purpose of the kits should know where they are stored. You can purchase first-aid kits at many drugstores or assemble your own. Contents of a first-aid kit should include:*

#### Basic Supplies

- Adhesive tape
- Aluminum finger splints
- Antibiotic ointment
- Antiseptic solution or towelettes
- Bandages, including a roll of elastic wrap (Ace, Coban, others) and bandage strips (Band-Aid, Curad, others) in assorted sizes
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable latex or synthetic gloves, at least two pair
- Gauze pads and roller gauze in assorted sizes
- Eye goggles
- First-aid manual
- Petroleum jelly or other lubricant
- Plastic bags for the disposal of contaminated materials
- Safety pins in assorted sizes
- Save-A-Tooth storage device containing salt solution and a travel case
- Scissors, tweezers and a needle
- Soap or instant hand sanitizer
- Sterile eyewash, such as a saline solution
- Thermometer
- Triangular bandage
- Turkey baster or other bulb suction device for flushing out wounds

#### Medications

- Activated charcoal (use only if instructed by your poison control center)
- Anti-diarrhea medication
- Over-the-counter oral antihistamine (Benadryl, others)
- Aspirin and nonaspirin pain relievers (never give aspirin to children)
- Calamine lotion
- Over-the-counter hydrocortisone cream
- Personal medications
- If prescribed by your doctor, drugs to treat an allergic attack, such as an auto-injector of epinephrine (EpiPen)
- Syringe, medicine cup or spoon

#### Emergency Items

- Cell phone and recharger that utilizes the accessory plug in your car dash
- Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers and the regional poison control center
- Small, waterproof flashlight and extra batteries
- Candles and matches for cold climates
- Sunscreen
- Mylar emergency blanket
- First-aid instruction manual

#### Give your Kit a Checkup

Check your first-aid kits regularly, at least every three months. Replace batteries and supplies that have expired. In addition, take a first-aid course to prepare for a possible medical emergency. Be sure the course covers cardiopulmonary resuscitation (CPR) and how to use an automatic external defibrillator (AED). Renew your CPR certification at least every two years. Prepare children for medical emergencies in age-appropriate ways. The American Red Cross offers a number of helpful resources, including classes designed to help children understand and use first-aid techniques.

# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 8

### What to Do After the Storm

*Good Advice from American Red Cross*

- Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions. Access may be limited to some parts of the community, or roads may be blocked.
- Help a neighbor who may require special assistance--infants, elderly people, and people with disabilities. Elderly people and people with disabilities may require additional assistance. People who care for them or who have large families may need additional assistance in emergency situations.
- Avoid driving and other travel until conditions have improved. Roads may be blocked by snow or emergency vehicles.
- Avoid overexertion. Heart attacks from shoveling heavy snow are a leading cause of deaths during winter.
- Follow forecasts and be prepared when venturing outside. Major winter storms are often followed by even colder conditions.



**American  
Red Cross**

### Winterizing Your Car

*10 Tips to Get Your Car Ready for Winter*

*Winter is coming. Is your car ready for winter?*

- 1. Get the right kind of oil change.** Oil tends to thicken as it gets colder, and if it's too thick it won't do the best job of keeping your engine lubricated. Check your owner's manual for guidance about which oil to use in different climates and temperatures.
- 2. Make sure you can see.** When's the last time you replaced your windshield wiper blades? They usually work effectively for about one year, so be sure to invest in some new ones if you're due. Fill up your windshield washer reservoir with windshield washer fluid. (Plain water won't do the trick at this time of year because it freezes.) Also check to see that your heater and defroster are working properly so you can keep the windshield nice and clear.
- 3. Give your battery a little TLC.** This is an ideal time of year to make sure your battery's posts and connections are corrosion-free and that your battery has all the water it needs. If your battery is more than three years old, have a certified repair shop test its ability to hold a charge.
- 4. Examine your belts and hoses.** Make sure the belts and hoses get checked for wear and tear — even if you're driving a modern car. Cold weather can do a number on belts and hoses, so they deserve attention.
- 5. Check your tire pressure.** Your tires must be properly inflated to ensure you'll have the best possible traction as you drive along — and traction is often severely jeopardized in wet, snowy or icy conditions. The air pressure in your tires has likely dropped as the weather has gotten colder.

*Continued on Page 9...*

# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 9

### Winterizing Your Car

*Continued from Page 8*

**6. Think about switching to snow tires.** Do you live in a hilly place that gets its fair share of snow? Then you might want to improve traction even more by investing in winter tires and using them over the next few months instead of your usual all-season tires.

**7. Do you have four-wheel drive?** If so, it's important to check the status of your four-wheel-drive system and be sure it's working correctly — especially because most drivers don't use their 4WD systems in the pleasant summer months. Be sure that the system engages and disengages easily, and that all drivers in your household know how and when to activate the system.

**8. Get the antifreeze mixture just right.** Aim for having a 50-50 mix of antifreeze (coolant) and water inside your radiator. This will prevent the mixture from freezing even at ridiculously cold temperatures. It's easy to check the status of the mixture with an inexpensive antifreeze tester, which you can pick up at any auto parts store. If the mixture is off, your cooling system should be drained and refilled or flushed. Be sure you're equipped to dispose of your old antifreeze properly if you do this job yourself. It can't just be poured down the drain.

**9. Prepare an emergency kit.** Store this stuff in your trunk during the winter months, especially if a road trip is in your future:

- a blanket
- extra boots and gloves
- an extra set of warm clothes
- extra water and food, including hard candies
- an ice scraper
- a small shovel
- a flashlight

- windshield washer fluid
- windshield wipers
- flares
- jumper cables
- a tool kit
- tire chains
- a tire gauge
- a spare tire with air in it
- tire-changing equipment
- a first-aid kit
- paper towels
- a bag of abrasive material such as sand, salt or non-clumping kitty litter, which can provide additional traction if a tire gets stuck in snow.
- Also, keep the gas tank as full as you can to prevent the gas lines from freezing.

**10. Know what to do if you get stranded.** Don't wander away from your car unless you're completely sure about where you are and how far away help is. Light two flares and situate them at each end of your vehicle to call attention to your plight. Put on the extra clothes and use the blanket to stay warm. If you have enough gas in the tank, run the engine and heater for about 10 minutes for each hour you're waiting for help. Leave at least one window open a little bit so that snow and ice don't seal the car shut. Suck on a hard candy to prevent your mouth from getting too dry.



# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 10

### Seasonal Flu

*Good Advice from the Center for Disease Control (CDC)*

#### What is Influenza (Also Called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year.

Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- more than 200,000 people are hospitalized from flu complications
- about 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions (such as asthma, diabetes, or heart disease), are at high risk for serious flu complications.

#### Symptoms of Flu

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

#### Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

#### How Flu Spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

#### Preventing Seasonal Flu: Get Vaccinated

The single best way to prevent the flu is to get a flu vaccination each year. There are two types of vaccines:

- The “flu shot” – an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions.
- The nasal-spray flu vaccine – a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people 2 - 49 years of age who are not pregnant.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

*Continued on Page 11...*

# Disaster Preparedness Newsletter

## December, 2008

Volume 1, Number 4, Page 11

### Seasonal Flu

*Continued from Page 10*

#### When to Get Vaccinated

Yearly flu vaccination should begin in September or as soon as vaccine is available and continue throughout the influenza season, into December, January, and beyond. This is because the timing and duration of influenza seasons vary. While influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later.

#### Who Should Get Vaccinated?

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. During flu seasons when vaccine supplies are limited or delayed, the Advisory Committee on Immunization Practices (ACIP) makes recommendations regarding priority groups for vaccination.

People who should get vaccinated each year are:

- Children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:

- a. Health care workers
- b. Household contacts of persons at high risk for complications from the flu
- c. Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

#### Use of the Nasal Spray Flu Vaccine

Vaccination with the nasal-spray flu vaccine is an option for healthy people 2 - 49 years of age who are not pregnant, even healthy persons who live with or care for those in a high risk group. The one exception is healthy persons who care for persons with severely weakened immune systems who require a protected environment; these healthy persons should get the inactivated vaccine.

#### Who Should Not Be Vaccinated

**Some people should not be vaccinated without first consulting a physician. They include:**

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.
- Children less than 6 months of age (influenza vaccine is not approved for use in this age group).
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.