Self-Screening Checklist for FluMist

FluMist nasal-spray vaccines are available and 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