

October 19, 2009

Dear ACC Staff,

In recent days, I have had many, many people ask me questions about the H1N1 vaccine. Is it safe? Should I get it? Should I give it to my children?

Most people end with the same question--will YOU get it? The answer in my case is YES! And here are some reasons why:

### **Why will I get the H1N1 vaccine?**

1. To protect my patients and my family. The H1N1 virus is a new flu strain. Nobody has any immunity to it, so more people are likely to get sick with it than they are to "fight it off." Since I am around many people who are at risk for severe illness, I need to protect those I come in contact with from what I might bring around.
2. To keep from getting sick. I'm not immune to H1N1, and I really don't want to be out for that many days! (never mind that I really don't want to be sick.)
3. Because I personally feel it is safe. Even though the H1N1 virus is a completely new strain, it is still a "normal" type A influenza virus. The vaccine is made by exactly the same method as the seasonal flu vaccine, just with a different type A strain. There is no reason to expect this vaccine to act any differently than the seasonal flu vaccine, which I get every year. I have reviewed the information from the Centers for Disease Control and Prevention (CDC) and the North Dakota Health Department, and I urge you to do the same.

### **Why will I vaccinate my children with H1N1 vaccine?**

I want them to start building some immunity to this virus as soon as possible--preferably without getting sick. This virus will be around for quite awhile (not just this fall, or just this flu season). I protect them from seasonal flu, and I will protect them from H1N1 as well.

### **I just got the H1N1 vaccine ... Will you?**



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