

Genesis Fertility Centre

H1N1 Frequently Asked Questions

October-18-09

Q: Should I get the H1N1 vaccine?

A: Due to the increased risk the H1N1 flu presents to women during pregnancy we are recommending that our patients receive the vaccine.

Q: Where can I get the vaccine?

A: Your family doctor can give you the vaccine or you can visit your local public health unit.

Q: When will the vaccine be available?

A: November 2009. The exact date is unknown as yet, you can check the BC Health website for the most up to date information. <http://www.gov.bc.ca/h1n1/index.html>

Q: What about the regular flu vaccine?

A: While the province is offering the H1N1 vaccine to everyone, the regular flu vaccine is only offered to high risk groups. Talk to your family doctor to see if you should also get the regular flu vaccine.

Q: I've heard there are two kinds of H1N1 vaccines, which one should I get?

A: Yes there will be two versions of the H1N1 vaccine available. One will contain an adjuvant or a "booster", this is very common in vaccines and does just that boosts the vaccine so that less vaccine is needed. The adjuvant while shown to be safe for the general population has not been adequately tested in pregnant women yet, so there will be a non-adjuvanted vaccine available. If you are pregnant or may be pregnant ie. following your embryo transfer or IUI but before your pregnancy test, you should receive the non-adjuvant vaccine.

Q: Should I postpone treatment until after the flu season?

A: This will be a personal decision. We do know that the H1N1 poses a higher risk to women during the second and third trimesters of pregnancy. However, if you are beginning treatment now you will be able to receive the vaccine which will offer you protection during the pregnancy.

Q: If I come down with the flu during treatment what should I do, do we have to cancel?

A: Each case will be reviewed individually as it will depend on what phase of treatment you are in and how you are feeling. In most cases it will not be necessary to cancel treatment, in some cases we will be able to delay treatment until you are feeling better . If you think you have the flu or have flu like symptoms please phone the clinic so we can review this with you. It is also important that you notify the front desk staff upon arrival; they will ask you to clean your hands and put on a mask.

Q: How do I know if I have the H1N1 flu?

A: The H1N1 flu will feel similar to the regular flu. Symptoms include cough with or without a fever and will include one of more of the following: sore throat, muscle aches, eye pain, fatigue. Some people may also experience nausea, vomiting and diarrhea. You can call [HealthLink BC](#) at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or if feeling ill.

Q: Where can I get more information about the H1N1 flu?

A: The Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/alert-alerte/h1n1/index-eng.php>

Government of BC <http://www.gov.bc.ca/h1n1/index.html>

BC CDC <http://www.gov.bc.ca/h1n1/index.html>

BC Health Files <http://www.healthlinkbc.ca/healthfiles/hfile108.stm>