

Knox County Health Department’s School-located Influenza Vaccination Program uses an intranasal vaccine also known by the brand name FluMist.

How do you know if your child does not qualify for FluMist?

Your child will not qualify for FluMist® if they have the following medical conditions:

1. If your child has **long-term health problems** with:
 - a. Asthma
 - b. Heart disease
 - c. Kidney disease
 - d. Lung disease
 - e. Metabolic disease, such as diabetes
 - f. Anemia, and other blood disorders
 - g. A weakened immune system.
 - h. Long-term aspirin treatment. (Takes an aspirin every day for a medical condition.)
2. Is pregnant.
3. Has a history of **Guillain-Barré syndrome** (a severe paralytic illness, also called GBS).
4. Comes in **close contact with anyone who has a severely weakened immune system** (that is, anyone who requires care in a protected environment).

Some people should talk with a doctor before getting *either* influenza vaccine:

1. Anyone who has ever had a serious allergic reaction to **eggs** or to a **previous dose** of influenza vaccine.
2. People who are moderately or severely ill should usually wait until they recover before getting flu vaccine. If you are ill, talk to your doctor or nurse about whether to reschedule the vaccination. People with a **mild illness** can usually get the vaccine.

If your child doesn’t qualify for FluMist®, here are some options to receive an influenza vaccination.

1. Consult your pediatrician / family physician.
2. Go to one of the following [Knox County Health Department locations](#) to obtain a **FREE** injectable influenza vaccination in the form of a “flu shot” if your child is eligible.
 - a. [West Clinic](#)
 - b. [Teague Clinic](#)
 - c. [Hardy Clinic](#)
 - d. [Adult Preventive Health / Travel Clinic](#)
3. Consult a grocery store or pharmacy that has provided flu shots in the past.