



# ALLERGY CANADA NEWS

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## H1N1 Swine Flu Vaccine for Allergy Sufferers

Individuals that need to be careful with influenza vaccines (H1N1) are those with an anaphylactic egg allergy, as the viruses used to create the vaccines are usually grown in embryonated (fertilized) eggs. Thus the cultivated viruses usually come with some egg protein although Health Canada notifies it is at a very low concentration. Those egg allergic individuals who have had mild local skin reactions, who tolerate eating a small amount of egg or who are positive on testing but are not know to be exposed are at LOW risk. At HIGHER risk are those who have had respiratory or cardiovascular reactions, generalized hives or with poorly controlled asthma. These individuals should be evaluated and tested by an allergist on a case-by-case basis to see if a particular vaccine is safe for them specifically.



## Asthma and H1N1 Swine Flu Vaccination

Asthmatics are "strongly urged" to get the H1N1 vaccine, in addition to the regular seasonal flu vaccine, due to their highly increased risk of complications should they come down with severe swine flu symptoms, because of its tendency to attack the respiratory system. They and close family members should receive the swine flu shot.



## Help Protect Yourself From the Flu

N95 AllergyZone Filter Mask  
(pkg of 3)



Certified by NIOSH (National Institute of Occupational Safety and Health), a division of the Centers for Disease Control and Prevention.

Filters out 95% of airborne allergens, bacteria, viruses and other particles down to 0.3 microns

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