

## Mercury in Flu Vaccines

- The Food and Drug Administration (FDA) warns pregnant women and young children not to eat fish containing high levels of methylmercury. Yet the Centers for Disease Control and Prevention (CDC) recommends pregnant women and infants get influenza vaccines, many of which contain mercury from the preservative thimerosal.
- According to Environmental Protection Agency (EPA) guidelines one would have to weigh 550 lbs to safely process the 25mcg of mercury in a flu vaccine. Mercury is known to be highly toxic to brain tissue and can impact critical stages of brain development in a fetus in utero, an infant or a child.
- In 2004, the Environmental Protection Agency (EPA) estimated that one in every six women has mercury blood levels that could pose a risk to an unborn child. Two studies in 2012 showed that a mother's mercury exposure is linked to attention problems in her children.
- Scientific studies have documented that mercury rapidly crosses the placenta and accumulates in the fetus at higher levels than in the mother. Ethyl mercury used in vaccines resulted in more than double the amount of mercury deposited into primate infant brains than equal amounts of ingested methylmercury.
- In 2001, the prestigious Institute of Medicine recommended that pregnant women, infants and children NOT receive vaccines preserved with mercury but the CDC Advisory Committee that makes vaccine recommendations chose not to follow their advice.
- It is inconsistent and dangerous to recommend vaccines containing ethylmercury when also counseling pregnant women to avoid seafood high in methylmercury due to the known harmful effects mercury can have on the developing fetus.
- Thimerosal-containing flu vaccines contain 250 times the mercury level the EPA uses to classify hazardous waste. Unused thimerosal-containing flu vaccine should be returned to the manufacturer for appropriate disposal.

For complete references, please visit our website at [ChildrensHealthDefense.org/flu-vaccine-facts](http://ChildrensHealthDefense.org/flu-vaccine-facts)

## Children's Health Defense



### Mission

Our mission is to end the childhood health epidemics by working aggressively to eliminate harmful exposures, hold those responsible accountable, and establish safeguards so this never happens again.

### How to Get Involved

Sign up for free updates at [www.childrenshealthdefense.org](http://www.childrenshealthdefense.org)

Become a lifelong member of Children's Health Defense for just \$10.00

Use social media to help us to get the word out regarding the childhood health epidemics and what can be done to stop them.

Support our efforts through a generous tax deductible donation

### Children's Health Defense

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\* National Childhood Vaccine Injury Act of 1986 and Bruesewitz v. Wyeth



## FLU VACCINES what you *need* to know

You want to do *everything right* for your health, you would never knowingly allow someone to inject something into you or your children that wasn't completely safe. Before getting a flu vaccine, you need to know this: Congress and the Supreme Court acknowledge that vaccines are

*unavoidably*  
UNSAFE\*

According to influenza vaccine package inserts, “Available data on influenza vaccines administered to pregnant women are insufficient to inform vaccine-associated risks in pregnant women.”

A 2017 CDC study links miscarriage to flu vaccines, particularly in the first trimester. Pregnant women vaccinated in the 2010/2011 and 2011/2012 flu seasons had two times greater odds of having a miscarriage within 28 days of receiving the vaccine. In women who had received the H1N1 vaccine in the previous flu season, the odds of having a miscarriage within 28 days were 7.7 times greater than in women who did not receive a flu shot during their pregnancy.

A study published in 2016 that looked at the safety of flu vaccines found a moderately elevated risk for major birth defects in infants born to women who had received a flu vaccine during the first trimester of pregnancy. A study published in 2017 found an elevated risk of autism spectrum disorders in children whose mothers had a first trimester flu shot. Flu vaccine administration is documented to cause an inflammatory response in pregnant women. Recent research found inflammation during pregnancy is associated with the development of autism spectrum disorders.

A large study in approximately 50,000 pregnant women over five flu seasons found no difference in the risk for developing influenza or similar illnesses between those who received the influenza vaccine during pregnancy and those who did not.

An independent 2014 review found no randomized controlled trials assessing vaccination in pregnant women. It states, “The only evidence available comes from observational studies with modest methodological quality. On this basis, vaccination shows very limited effects.”

### Know the Facts: Flu Vaccines for Infants and Children

A review in the medical journal The Lancet found a lack of health benefits from influenza vaccine in children under two along with significantly increased rates of vaccine-related adverse events.

A study that compared children who received flu vaccine to those who did not found no significant difference in the rate of influenza between the active and placebo groups. It also found that the group of children who received the flu vaccine had a 4.4 times relative risk of non-influenza respiratory tract infections.

An Australian study found one in every 110 children under the age of five had convulsions following vaccination with the FLUVAX H1N1 vaccine in 2009. Additional research found a spike in cases of narcolepsy in children associated with the H1N1 vaccine.

### Influenza vaccines — United States, 2018–19 influenza season\*

Trade name Manufacturer	Presentation	Age indication	Mercury (from thimerosal, µg/0.5 mL)
<b>Inactivated Influenza Vaccines (IIVs) and Recombinant Influenza Vaccine (RIV4)†</b>			
<b>Afluria</b> Quadrivalent Seqirus	0.5 mL prefilled syringe	≥5 yrs	NR
	5.0 mL multi-dose vial	≥5 yrs (needle/syringe) 18 through 64 yrs (jet injector)	24.5
<b>Fluarix</b> Quadrivalent GlaxoSmithKline	0.5 mL prefilled syringe	≥6 months	NR
<b>FluLaval</b> Quadrivalent ID Biomedical Corp. of Quebec	0.5 mL prefilled syringe	≥6 months	NR
	5.0 mL multi-dose vial	≥6 months	<25
<b>Flucelvax</b> Quadrivalent Seqirus (ccIIV4)	0.5 mL prefilled syringe	≥4 yrs	NR
	5.0 mL multi-dose vial	≥4 yrs	<25
<b>Fluzone</b> Quadrivalent Sanofi Pasteur	0.25 mL prefilled syringe	6 through 35 months	NR
	0.5 mL prefilled syringe	≥3 years	NR
	0.5 mL single-dose vial	≥3 years	NR
	5.0 mL multi-dose vial	≥6 months	25
<b>Trivalent IIV (IIV3s)</b>			
<b>Afluria</b> Seqirus	0.5 mL prefilled syringe	≥5 years	NR
	5.0 mL multi-dose vial	≥5 yrs (needle/syringe) 18 through 64 yrs (jet injector)	24.5
<b>Fluad Seqirus</b> (allV3)	0.5 mL prefilled syringe	≥65 yrs	NR
<b>Fluzone</b> High-Dose Sanofi Pasteur (HD-IIV3)	0.5 mL prefilled syringe	≥65 yrs	NR
<b>Quadrivalent RIV (RIV4)</b>			
<b>Flublok</b> Quadrivalent Sanofi Pasteur	0.5 mL prefilled syringe	≥18 years	NR
<b>Live Attenuated Influenza Vaccine (LAIV4)</b>			
<b>FluMist</b> Quadrivalent AstraZeneca	0.2 prefilled intranasal sprayer	2 through 49 yrs	NR

Abbreviations: IIV=inactivated influenza vaccine; RIV=recombinant influenza vaccine; HA=hemagglutinin; LAIV=live attenuated influenza vaccine; mos=months; yrs=years.

Every year, the Centers for Disease Control and Prevention (CDC) and pharmaceutical companies mount an aggressive campaign in the mainstream media to persuade Americans to get their flu shots. Flu shots are big business: industry analysts estimate that within the next five years, the U.S. flu vaccine market will be worth almost \$3 billion annually.

The CDC has advised the industry to hike demand through the use of a “recipe” of messaging to get your flu shot now through advertisements that include “...statements of alarm by public health authorities...prediction of dire outcomes from influenza...continued reports that influenza is causing severe illness affecting lots of people...repeated urging of influenza vaccination...” that bombard consumers.

From 2014 to 2015, the NVICP flu shot settlements increased from \$4.9 million to \$61 million—an 1100% increase. As the Vaccine Adverse Event Reporting System (VAERS), a voluntary surveillance system, is acknowledged by the government to capture as little as one percent of actual adverse events, the flu vaccine injuries and deaths are substantially underreported.

According to the CDC, over the past 14 seasons, the effectiveness of the influenza vaccine has varied from 10% to 60%.

### When offered a flu vaccine

Vaccine decisions should not be made without doing your research first and deciding if the influenza virus is a significant concern for you and your family.

Be sure to find out the manufacturer and avoid vaccines from multi-dose vials that contain the preservative thimerosal.

Review the evidence regarding the effectiveness of the flu vaccine in actually preventing influenza. For information visit [www.summaries.cochrane.org](http://www.summaries.cochrane.org)

Do not let yourself be pressured into receiving a vaccine that you don’t want; should you choose to vaccinate, insist that your doctor or pharmacist find you a mercury-free vaccine.

### Tips for Preventing the Flu

Simple techniques such as avoiding those with flu-like illnesses, eating a healthy diet and good hand washing can prevent many cases of flu. If you do contract influenza, optimizing vitamin D levels, fluid intake and rest can boost immune function.