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 www.childrenshealthdefense.org/flufacts
According to the CDC, the effectiveness of the influenza vaccine has varied from 10% to 60%.

When deciding to vaccinate, consider the evidence regarding the effectiveness of the flu vaccine. www.summaries.cochrane.org

Do not let yourself be pressured into receiving a vaccine that you do not want. Your doctor or pharmacist can explain the benefits and risks of the available vaccines.

Facts:
The effectiveness of influenza vaccines — United States, 2018–19 influenza season

According to influenza vaccine package inserts, the only evidence available comes from observational studies with modest sample sizes.

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 sample sizes.

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 were vaccinated against influenza during pregnancy.

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