

KNOW THE FACTS: FLU VACCINES

Flu Vaccine & Coronavirus

The CDC: "Getting a flu vaccine is more important than ever during 2020-2021... to help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients." However, a 2020 US Pentagon study that found that the flu shot INCREASES the risks from coronavirus by 36%. "Receiving influenza vaccination may increase the risk of other respiratory viruses, a phenomenon known as virus interference.... Vaccine derived virus interference was significantly associated with coronavirus..."

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 National Vaccine Injury Compensation Program (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

ACCORDING TO THE CDC
Over the past 14 seasons, the effectiveness of the influenza vaccine has varied from 10% to 60%.

and deaths are substantially underreported.

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 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 provide 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.

Complete references: ChildrensHealthDefense.org/flu-vaccine-facts

Our Mission

Our mission is to end the childhood health epidemics by working aggressively to eliminate harmful exposures, hold those responsible accountable, and establish safeguards to prevent future harm.

How to Get Involved

Sign up for free updates at childrenshealthdefense.org

Become a lifetime member for just \$10.

Use social media to help us stop childhood health epidemics.

Support our efforts through a generous tax-deductible donation.



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Know the Facts

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*



* NATIONAL CHILDHOOD VACCINE INJURY ACT OF 1986 AND BRUESEWITZ V. WYETH

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Mercury in Shots

- 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.

Shots During Pregnancy

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."

Shots for Infants & 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 5 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, 2020–21 influenza season

Trade name (Manufacturer)	Presentation	Age indication	HA (IIVs & RIV4) or virus count (LAIV4) for each vaccine virus (per dose)	Route	Mercury (from thimerosal) µg/0.5mL
IIV4					
Standard dose, egg based†					
Afluria Quadrivalent (Seqirus)	0.25-mL PFSS	6 through 35 mos	7.5 µg/0.25 mL 15 µg/0.5 mL	IM†	—
	0.5-mL PFS	≥3 yrs			—
	5.0-mL MDV‡	≥6 mos (needle/syringe) 18 through 64 yrs (jet injector)			24, 5
Fluarix Quadrivalent (GlaxoSmithKline)	0.5-mL PFS	≥6 mos	15 µg/0.5 mL	IM†	—
FluLaval Quadrivalent (GlaxoSmithKline)	0.5-mL PFS	≥6 mos	15 µg/0.5 mL	IM†	—
Fluzone Quadrivalent (Sanofi Pasteur)	0.5-mL PFS**	≥6 mos	15 µg/0.5 mL	IM†	—
	0.5-mL SDV	≥6 mos			—
	5.0-mL MDV	≥6 mos			25
Standard dose, cell culture based (ccIIV4)					
Flucelvax Quadrivalent (Seqirus)	0.5-mL PFS	≥4 yrs	15 µg/0.5 mL	IM†	—
	5.0-mL MDV	≥4 yrs			25
High dose, egg based† (HD-IIV4)					
Fluzone High-Dose Quadrivalent (Sanofi Pasteur)	0.7-mL PFS	≥65 yrs	60 µg/0.7 mL	IM†	—
Standard dose, egg based† with MF59 adjuvant (aIIV4)					
Flud Quadrivalent (Seqirus)	0.5-mL PFS	≥65 yrs	15 µg/0.5 mL	IM†	—
IIV3					
Standard dose, egg based† with MF59 adjuvant (aIIV3)					
Flud (Seqirus)	0.5-mL PFS	≥65 yrs	15 µg/0.5 mL	IM†	—
RIV4					
Recombinant HA					
Flublok Quadrivalent (Sanofi Pasteur)	0.5-mL PFS	≥18 yrs	45 µg/0.5 mL	IM†	—
LAIV4					
Egg based†					
FluMist Quadrivalent (AstraZeneca)	0.2-mL prefilled single-use intranasal sprayer	2 through 49 yrs	106.5-7.5 fluorescent focus units/0.2 mL	NAS	—

Source: [cdc.gov/flu/professionals/acip/2020-2021/acip-table.htm](https://www.cdc.gov/flu/professionals/acip/2020-2021/acip-table.htm) Abbreviations: ACIP = Advisory Committee on Immunization Practices; FDA = Food and Drug Administration; HA = hemagglutinin; IIV3 = inactivated influenza vaccine, trivalent; IIV4 = inactivated influenza vaccine, quadrivalent; IM = intramuscular; LAIV4 = live attenuated influenza vaccine, quadrivalent; MDV = multidose vial; NAS = intranasal; PFS = prefilled syringe; RIV4 = recombinant influenza vaccine, quadrivalent; SDV = single-dose vial.