

# Adjuvanted & Unadjuvanted

## H1N1 Vaccine Information for Pregnant Women

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The Porcupine Health Unit has received a supply of unadjuvanted H1N1 vaccine for pregnant women and is recommending unadjuvanted vaccine for all pregnant women wishing the H1N1 vaccine.

### Why is the health unit recommending the unadjuvanted vaccine?

- There is extensive evidence that unadjuvanted vaccines are safe for pregnant women. There are currently limited but evolving data supporting the safety of the adjuvanted pH1N1 vaccine in this group. This recommendation is made as a precaution for this population.
- Both vaccines are approved for use in pregnant women in Canada.
- Unadjuvanted vaccine may be administered at any stage of pregnancy.
- All pregnant women need to consider vaccination against the H1N1 flu virus, but especially women in the second half of pregnancy and those with medical problems (like asthma, diabetes, heart problems, lung problems, obesity).

### What is an adjuvant?

An adjuvant is something that helps make the vaccine more effective. The adjuvant in this vaccine has all natural ingredients. It has squalene, alpha-tocopherol, and water.

- Alpha-tocopherol is vitamin E.
- Squalene is a natural-occurring oil found in plants, animals, and our own bodies.
- It is part of cholesterol metabolism, and is found in our blood.

### Key Points to Remember

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- There are two vaccines for H1N1 in Canada, unadjuvanted (which the health unit recommends for ALL pregnant women) and adjuvanted.
- Both vaccines are safe and help protect the pregnant women and her baby from getting the flu virus.
- It takes up to 10-14 days to achieve immunity after receiving the vaccine.
- Pregnant women cannot get the flu virus from these vaccines.