

KNOW THE FACTS

MERCURY *is*
a NEUROTOXIN

Scientific studies have documented that the mercury used in vaccines enters into the brain and can interrupt critical stages of brain development.

Some flu vaccines contain Thimerosal at over 15 times the safe limit for an infant and roughly two times over the safe limit for adults.

It is inconsistent and unwise to counsel pregnant women to avoid seafood, which contains mercury, while recommending vaccines containing mercury.

The Environmental Protection Agency (EPA) estimates that one in every six women has a level of mercury in her body that could cause harm to her unborn child.

Mercury rapidly crosses the placenta and accumulates in the fetus at even higher levels than the mother.

Thimerosal containing flu vaccines contain 250 times above the levels identified as a hazardous waste. Unused flu vaccine should be returned to the manufacturer for appropriate disposal.

A 2006 review published in The Lancet found that a placebo was as effective as flu vaccine in children under two. Simple techniques, such as avoiding those with flu-like illnesses and good hand washing can prevent many cases of the flu.

ABOUT SAFEMINDS

The Coalition for SafeMinds (Sensible Action for Ending Mercury-Induced Neurological Disorders) mission is to end the harm to human health from early life exposures to manmade sources of mercury, the second most toxic substance on earth. Our mission will be achieved through research, increased awareness and advocacy.

SafeMinds has funded more groundbreaking mercury-related autism research than any other organization. Since its inception in 2000, SafeMinds has funded almost one million dollars in research and is responsible for increasing the awareness of environmental factors like mercury in the development of neurological disorders in children. For more information please visit www.safeminds.org.

safeMinds

Sensible Action For Ending Mercury-Induced
Neurological Disorders

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FLU VACCINES, PREGNANCY & CHILDREN WHAT YOU NEED TO KNOW

You want to do everything right for your child,
and would never knowingly allow someone
to inject a neurotoxin into your infant.

Before getting a flu shot, you need
to know this:

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SAFEMINDS ALERT: FLU VACCINES - WHAT YOU NEED TO KNOW

Mercury Exposure in Pregnant Women and Small Children

In March of 2001, the Food & Drug Administration (FDA) issued a statement warning pregnant women and young children not to eat fish containing high levels of mercury because it causes neurological problems in children.

Yet, the Centers for Disease Control and Prevention (CDC) now recommends that these same women and young children should get seasonal influenza vaccines. Many seasonal influenza vaccines contain mercury, from the preservative thimerosal, in amounts exceeding the Environmental Protection Agency (EPA) recommended safe levels.

SafeMinds is deeply concerned that the risks of mercury-containing seasonal influenza vaccines outweigh the benefits for pregnant women, infants and children. Mercury is known to be highly toxic to brain tissue and can interrupt critical stages of brain development.

A large-scale scientific study in approximately 50,000 pregnant women and their infants over five flu seasons found no difference in the risk for developing influenza illness among those who received the influenza vaccine during pregnancy and those who did not receive the vaccine. Reviews in the medical journal *The Lancet* found a lack of health benefit of influenza vaccine for children under two and significantly increased rates of vaccine related adverse events in children.

If You Are Pregnant or Have Small Children . . .

- Look at the evidence and decide if you consider the influenza virus a true threat to your family. Also consider evidence questioning the effectiveness of the flu vaccine in actually preventing influenza;
- If you do decide to vaccinate, insist on mercury-free influenza vaccines for yourself and your children;
- Do not combine the flu vaccine with other vaccines;
- If you are not able to get mercury-free flu vaccines, reconsider your choice to vaccinate.

What is Thimerosal?

Thimerosal contains ethyl-mercury, a documented and dangerous neurotoxin. It is used as an inexpensive preservative in vaccines. Developed in the 1930's and marketed by Eli Lilly, thimerosal has never been tested using modern safety standards.

In 1982 an expert FDA panel found thimerosal to be toxic and caused cell death. In 2001 the Institute of Medicine recommended that "government agencies give full consideration to removing thimerosal from all vaccines administered to infants, children or pregnant women."

In addition, a 2005 study funded by the NIH found that ethyl-mercury used in vaccines crosses into the brain of infant primates, resulting in appreciable levels of mercury being trapped in the brain.

Today, some vaccines, like the influenza vaccine, contain as much as 25 micrograms of mercury, over 15 times the safe limit for an infant and roughly two times over the safe limit for adults. All vaccines on the immunization schedule are available in mercury-free, or mercury reduced, versions.

Contact your health care provider well in advance to request a mercury-free influenza vaccine this season.

MERCURY-FREE INFLUENZA VACCINE - 2009/2010:

- Afluria® - CSL Biotherapies:** *Age indication - 18 years and up, mercury-free*
- FluMist® - MedImmune:** *Age indication - healthy 2 year olds and up, mercury-free*
- Fluarix™ - GlaxoSmithKline:** *Age indication - 18 years and up, mercury-free*
- Fluvirin® - Novartis:** *Age indication 4 years and up, request pre-filled mercury-free syringe version*
- Fluzone® - Sanofi Pasteur:** *Age indication - 6 months and up (.25ml) or 36 months and up (.5ml), request pre-filled mercury-free syringe*

MERCURY-CONTAINING INFLUENZA VACCINES - 2009/2010:

- Afluria® - CSL Biotherapies:** *Age indication - 18 years and up, contains 24.5 mcg of mercury*
- FluLaval™ - GlaxoSmithKline:** *Age indication - 18 years and up, contains 25 mcg of mercury*
- Fluvirin® - Novartis:** *Age indication - 4 years and up, contains 25 mcg of mercury*
- Fluzone® - Sanofi Pasteur:** *Age indication - 6 months and up, contains 25 mcg of mercury*

Get All The Facts!

All vaccines pose some risk, with or without mercury content. However, the influenza vaccine is of great concern, as many brands contain high levels of mercury. SafeMinds recommends that consumers read package inserts for any vaccine prior to immunization.

All seasonal influenza vaccines are classified by the FDA as Category C, as are **all swine flu vaccines**. Category C means either studies in animals have revealed adverse effects on the fetus and there are no controlled studies in women, or studies in women and animals are not available.

Below is package insert information from three commonly used influenza vaccines.

FLULAVAL™ - GLAXOSMITHKLINE: Animal reproduction studies have not been conducted with FLULAVAL. It is also not known whether FLULAVAL can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. FLULAVAL should be given to a pregnant woman only if clearly needed.

FLUVIRIN® - NOVARTIS: Animal reproduction studies have not been conducted with FLUVIRIN®. It is also not known whether FLUVIRIN® can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. FLUVIRIN® should be given to a pregnant woman only if clearly needed.

FLUZONE® - SANOFI-PASTEUR: Animal reproduction studies have not been conducted with Fluzone vaccine. It is also not known whether Fluzone vaccine can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. Fluzone vaccine should be given to a pregnant woman only if clearly needed.

H1N1 Flu Vaccine: The new "swine flu" vaccine will be available in both mercury-containing and mercury-free formulations. This vaccine will also be categorized as a Class C drug (see Get All The Facts section). Little safety data will be available when vaccination begins in October 2009. At publishing, vaccine names were not known. Contact your health-care provider well in advance for mercury-free formulations.