

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 mercury at over 15 times the safe limit for an infant and roughly two times the safe limit for adults.
- It is inconsistent and unwise to recommend vaccines containing mercury when already counseling pregnant women to avoid high-mercury seafood.
- The Environmental Protection Agency (EPA) estimates that one in every six women has a level of mercury in her body that could pose a risk 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 the mercury level that the EPA identifies as hazardous waste. Unused thimerosal-containing flu vaccine should be returned to the manufacturer for appropriate disposal.



Mercury-Free Kids Have Safe Minds!



The Coalition for SafeMinds is a non-profit organization founded to restore health and protect future generations by eradicating the devastation of autism and associated health disorders induced by mercury and other man-made toxicants.

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.

To download this brochure, get the flu vaccine facts, or look at vaccine package inserts go to

www.safeminds.org/fluvoxacts

safeMinds
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Neurological Disorders

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Flu Vaccines in Pregnancy *and* Children

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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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 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. 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.

For more information on the flu vaccine visit
www.safeminds.org/fluvoxfacts

The following vaccines are available for the 2010/2011 season

Flu vaccines containing no mercury

Agriflu, Novartis. Recommended for those 18 and older. Prefilled syringe contains no mercury

Fluarix, GlaxoSmith-Kline. Recommended for those 3 and older. Prefilled syringe contains no mercury

FluMist, Medimmune. Recommended for those 2 to 49 years. Nasal spray contains a live virus and contains no mercury

Flu vaccines containing mercury

Afluria, CSL Limited. Recommended for those six months or older. Prefilled syringe contains no mercury. Multi-dose vial contains mercury.*

FluLaval, ID Biomedical Corporation. Recommended for those 18 and older. Multi-dose vial contains mercury.*

Fluvirin, Novartis. Recommended for those 4 and older. Prefilled syringe contains no mercury. Multidose vial contains mercury.*

Fluzone, Sanofi Pasteur. Recommended for those 6 months and older. Prefilled syringe contains no mercury. Multi-dose vial contains mercury.*

* Please see www.fluvoxfacts.com for specific mercury content by dose.

This season's flu vaccines combine seasonal flu virus with H1N1 virus. In the Southern Hemisphere, where the flu season has already begun, the new 2010 Afluria influenza vaccine formulation (Manufactured by CSL Limited), which combines the seasonal flu virus with the H1N1 virus, has been associated with an increased incidence of fever and febrile seizures among young children, mainly those less than 5 years of age.

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 the evidence regarding, 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.
- Do not let yourself be pressured into receiving a vaccine that you don't want; insist that your doctor or pharmacist find you a mercury-free vaccine.

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.

According to flu vaccine package inserts, "Safety and effectiveness has not been established in pregnant women or nursing mothers and should only be given to a pregnant woman if clearly needed."

In children under the age of two, the efficacy of inactivated (injected) flu vaccine was similar to placebo. Nasal spray vaccines that contain live flu virus are more effective in children than injectable inactivated flu vaccines.

An investigation into the effectiveness of the flu vaccine which examined 274 studies of influenza vaccines and 28 epidemiological studies from 1966 to 2007 with over 3,000,000 participants found that for every 100 people, 7 will develop flu like illness but only 1 will actually have the flu.

Simple techniques, such as avoiding those with flu-like illnesses and good hand washing can prevent many cases of the flu.

