

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 to recommend vaccines containing ethylmercury when also counseling pregnant women to avoid certain seafood known to be high in mercury due to the harmful effects mercury can have on the developing fetus.
- 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 in the mother. Two 2012 studies show that a mothers' mercury exposure is linked to attentional problems in her children.
- 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 over 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

safeMinds

Your Family. Our Planet. Their Future.

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Flu Vaccines in Pregnancy and Childhood
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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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 get seasonal influenza vaccines. Many influenza vaccines contain mercury, from the preservative thimerosal, in amounts exceeding the Environmental Protection Agency (EPA) recommended safe levels for methylmercury.

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

The following vaccines are available for the 2012/2013 season

Vaccine	Thimerosal Content	Age Allowed
Afluria	Prefilled syringe No mercury Multi-dose vial Mercury -25 mcg	9 years of age and older
Fluarix	Prefilled syringe No mercury*	3 years and older
FluLaval	Multi-dose vial Mercury 25 mcg	18 years and older
FluMist	Nasal spray No mercury	2 to 49 years of age. Not recommended during pregnancy
Fluvirin	Prefilled syringe No mercury* Multi-dose vial Mercury 25 mcg	4 years and older
Fluzone	Pediatric Dose No mercury	6 -35 months
	Prefilled syringe No mercury Multi-dose vial Mercury 25 mcg	36 months and older 6 months and older

Flu vaccine supplied in prefilled syringes or single-dose vials typically DOES NOT contain mercury. Flu vaccines in multi-dose vials typically contain 25 mcg of mercury per injection.

* Contains a trace amount of thimerosal. The FDA defines traces amounts as <1ug Hg/0.5mL dose.

FluMist, a nasal spray flu vaccine, is a live virus vaccine and does not contain mercury, but it is not recommended during pregnancy. Also, pregnant women should consider not giving their other young children FluMist because it is possible for recipients to shed the virus to others.

If You Are Pregnant or Have Small Children . . .

- If you decide to vaccinate, insist on mercury-free influenza vaccines for yourself and your children.
- 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.
- Do not combine the flu vaccine with other vaccines.
- If mercury-free vaccines are unavailable, look at the evidence and decide if the influenza virus is a significant concern for your family. Also, consider the evidence regarding the effectiveness of the flu vaccine in actually preventing influenza.

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 it 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.

