

MERCURY *is* a NEUROTOXIN

- The Environmental Protection Agency (EPA) estimates that one in every six women has mercury blood levels that could pose a risk to her unborn child.
- Mercury rapidly crosses the placenta and accumulates in the fetus at higher levels than in the mother. Two studies in 2012 showed that a mothers' mercury exposure is linked to attention problems in her children.
- Scientific studies have documented that ethylmercury used in vaccines crosses into the fetal brain and could impact critical stages of brain development.
- Some flu vaccines contain enough mercury to raise an infant's blood levels to over 15 times EPA's methylmercury limit and roughly double the safe limit for adults.
- It is inconsistent 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.



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



16033 Bolsa Chica St. #104-142
Huntington Beach, CA 92649
Phone: 404-934-0777
Fax: 714-495-4088
info@safeminds.org
Website: www.safeminds.org

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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 methylmercury because of known links to 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 ethylmercury from the preservative thimerosal, which after injection, results in blood levels exceeding the Environmental Protection Agency (EPA) recommended safe levels for mercury.

SafeMinds is deeply concerned that the risks of getting 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 impact 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 from influenza vaccine in children under two along with significantly increasing rates of vaccine-related adverse events.

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 only 1-in-100 people ever gets the flu virus while 7-in-100 develop flu-like illnesses.

Flu vaccine is documented to cause an inflammatory response in pregnant women. Recent research found inflammation experienced during pregnancy associated with the development of autism spectrum disorders.

Vaccine	Mercury Content	Recommended Age
Afluria®		
Inactivated Trivalent	Prefilled syringe No Mercury	9 years and older
	Multi-dose vial** 24.5mcg Mercury	
Fluarix®		
Inactivated Trivalent	0.5 mL prefilled syringe No mercury	3 years and older
Inactivated Quadrivalent	0.5 mL prefilled syringe No mercury	3 years and older
FluBlok®		
Recombinant Trivalent	0.5 mL prefilled syringe No mercury	18-49 years of age
Flucelvax®		
Inactivated Trivalent	0.5 mL Prefilled syringe No mercury	18 years and older
FluLaval®		
Inactivated Trivalent	5.0mL multidose vial Mercury < 25 mcg	3 years and older
Inactivated Quadrivalent	0.25 mL prefilled syringe No Mercury	6-35 months
FluMist		
Live Attenuated Quadrivalent	0.2 mL Nasal spray No mercury	2 to 49 years of age NOT recommended during pregnancy
Fluvirin®		
Inactivated Trivalent	0.5 mL Prefilled syringe Traces of mercury	4 years and older
	5.0 mL Multi-dose vial 25mcg Mercury	36 months and older
Fluzone®		
Inactivated Trivalent	0.5 mL Prefilled syringe and single dose vial No mercury	36 months and older
	5.0 mL Multi-dose vial 25 mcg Mercury	6 Months and older
Intradermal	1.0 mL prefilled microinjection system No mercury	18-64 years of age
High-Dose Trivalent	0.5 mL prefilled syringe No mercury	over 65 years
Inactivated Quadrivalent	0.5 mL prefilled syringe No Mercury	3 years and older
	0.25 mL prefilled syringe No mercury	6-35 months

* Infants and children have been found to have an increased risk for seizures after vaccination with flu vaccine, especially when administered with other vaccines.

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 and do not get a flu vaccine the same day as 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 if you choose one.
- 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. For information visit www.summaries.cochrane.org

More Vaccine facts to know...

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

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 over two, nasal spray vaccines made from weakened influenza viruses were better at preventing illness than the injected vaccines made from the killed virus.

In children under the age of two, the efficacy of injected vaccine was similar to placebo and very little information was found on the safety of these vaccines in young children.

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 the flu. Optimizing vitamin D levels, fluid intake, and rest can also boost immune function if you have the flu.