

Which is more effective: nasal spray or a shot?

The spray works about the same as getting a shot. H1N1 vaccine in nasal spray can be given to healthy people ages 2 to 49. Pregnant women, children younger than 2 and people with asthma and other chronic respiratory diseases should not get the nasal spray. If you are one of these groups, check with your doctor first about getting a shot in the arm instead.