

February 18, 2019

**Opposition to HB 7101: An Act Concerning Flu Shots for Senior Citizens Prior to Hospital Discharge.**

Distinguished members of the Committee on Aging,

I would like to express my **opposition** to House Bill 7101. This bill is unnecessary, and quite frankly, dangerous. Flu vaccines are pharmaceutical products that carry great risk. If a senior citizen should choose to utilize one, it should be in collaboration with their own physician - with whom they have a relationship and who understands their health history - after they have had time to consider using such a product.

Some things to consider about flu vaccine (sources listed below):

- Flu vaccine recipients have been shown to have **4.4 times greater rate of non-influenza infections** than those who did not receive a flu shot (1).
- Flu vaccine has historically **not been shown to be efficacious** in seniors (2, 3).
- Flu vaccine has been shown to **increase risk** for future **pandemic influenza** (4, 5).
- Flu vaccines contain **aluminum**, which is known to be a causal factor for **Alzheimer's disease** (6), and which is known to have the ability to **travel into the brain** when injected (7).
- Multidose flu shots contain **Thimerisol** (ethyl mercury), which is far more toxic to brain tissue than methyl mercury (mercury found in fish) (8). Injected ethyl mercury travels to the brain and is metabolized into inorganic mercury. Thimerisol from repeated injections accumulates in the brain (9).
- Flu vaccines have had the **highest payout** of the over \$4 billion paid for vaccine **injury and death** (this is estimated to represent 1-10% of actual injury) (10).

Senior citizens are a more vulnerable population and are more likely to succumb to perceived pressures from hospital staff with whom they have no relationship. There are far too many risks for them to consent to a flu vaccine upon hospital discharge. If they are injured they will have no recourse. A decision to take a flu shot should be made with a primary care physician at a time when they are not under the stress of having been admitted to a hospital. If a hospital would truly like to assist the senior in recovery from their admittance, they can focus on safe and effective ways to support the immune system and help the body heal, rather than inundating it with toxins.

I urge you to please vote "**No**" to HB 7101. You will surely be saving seniors from a rushed or pressured decision that they may truly regret.

Thank you,

Meredith Nielson, Cheshire CT

(Sources on next page)

Sources:

1. Increased Risk of Noninfluenza Respiratory Virus Infections Associated with Receipt of Inactivated Influenza Vaccine: <https://academic.oup.com/cid/article/54/12/1778/455098>
2. Impact of Influenza Vaccination on Seasonal Mortality in the US Elderly Population: <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/486407>
3. A Systematic Review of the Evidence on the Effectiveness and Risks of Inactivated Influenza Vaccines in Different Target Groups: <https://www.ncbi.nlm.nih.gov/pubmed/21840359>
4. Annual Vaccination Against Influenza Virus Hampers Development of Virus-Specific CD8+ T Cell Immunity in Children.: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3209321/>
5. Yearly Influenza Vaccinations: A Double-Edged Sword?: <https://www.ncbi.nlm.nih.gov/pubmed/19879807/>
6. Aluminum in Brain Tissue in Familial Alzheimer's Disease: <https://www.sciencedirect.com/science/article/pii/S0946672X16303777>
7. Vaccine Aluminum Travels Into the Brain: <http://vaccinepapers.org/vaccine-aluminum-travels-to-the-brain/>
8. Effect of Thimerisol, Methylmercury, and Mercuric Chloride in Jurkat T Cell Line: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3600517/>
9. Comparison of Blood and Brain Mercury Levels in Infant Monkeys Exposed to Methylmercury or Vaccines Containing Thimerisol: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1280342/>
10. Searchable in the National Vaccine Injury Compensation Program: <https://www.hrsa.gov/vaccine-compensation/data/index.html>