

**Wyoming County Health Department
H1N1 Flu Updates
February 23, 2010**

WHO SHOULD GET VACCINATED AGAINST H1N1 FLU?

H1N1 vaccination is now recommended for everyone over 6 months of age, not just those in the initial priority groups. This includes senior citizens age 65 and older.

AM I ELIGIBLE TO GET THE H1N1 FLU VACCINE?

YES!! The vaccine is now available to ALL residents. During the first phase the vaccination campaign, when supplies of vaccine were limited, H1N1 vaccine was for priority groups considered at highest risk of serious illness and complications from the flu and those at risk of transmitting the flu to vulnerable individuals. Now that there is an adequate supply of vaccine, the State has expanded access to the vaccine to ALL New Yorkers. *There is no charge for H1N1 vaccine given by the Wyoming County Health Department.*

NOW IS THE TIME TO GET VACCINATED!

The flu season is far from over. H1N1 flu is still active in New York State. Typically, the most flu activity occurs from January through March, and the flu season runs until May. Getting vaccinated now will provide protection for you against H1N1 flu for the rest of the season this winter and spring.

THE H1N1 VACCINE IS SAFE.

The H1N1 vaccine will NOT make you sick, but the flu WILL. Like the seasonal flu vaccine, the H1N1 vaccine has a good safety record. Most people who receive the H1N1 flu don't experience any symptoms afterwards; some feel a temporary mild soreness in the arm. The nasal spray vaccine is also safe, effective, and easy to use. If you have questions about the recent non-safety-related, voluntary H1N1 vaccine recalls, please contact the Health Department for more information.

WHERE CAN I GET THE VACCINE?

Contact the Wyoming County Health Department at 786-8890 for information on how to get your H1N1 vaccine. The Wyoming County Health Department is located at 5362 Mungers Mill Road, Silver Springs, NY 14550.

The vaccine is also available from many health care providers, community health centers, and now pharmacies. You can check www.flu.gov to see if any vaccine clinics are scheduled at retail outlets near you.

FOR EMPLOYERS and COMMUNITY GROUPS:

The Health Department will come to your Wyoming County business location to provide H1N1 vaccination to your employees, at no cost. Contact the Health Department at 786-8890 for more information.

FOR PARENTS OF CHILDREN 9 YEARS & UNDER / SCHOOLS:

The Center for Disease Control recommends that children 9 years old and under to receive two doses of H1N1 vaccine, at least 28 days apart. The Health Department has completed all Wyoming County school-based clinics, including second doses.

Influenza-like illnesses, including H1N1 influenza, are circulating in Wyoming County. Residents are urged to continue preventive measures, as vaccination efforts continue:

- ✓ Wash your hands frequently, or use alcohol based hand sanitizer
- ✓ Keep your hands away from your eyes, nose and mouth. Flu spreads that way.
- ✓ Try to avoid close contact with sick people.
- ✓ Cough into a tissue and dispose of it promptly, or cough into your elbow
- ✓ Stay home if you are feeling sick, and for at least 24 hours after you are free from fever without using medications that reduce fever.

Most people with H1N1 flu have had mild illness and have not needed medical care or treatment with antiviral drugs.

If you are concerned about your illness or you have any of the following, consult your health care provider or get medical attention immediately:

When to Seek Immediate Medical Care	
<u>Children</u>	<u>Adults</u>
<ul style="list-style-type: none">• difficult and rapid breathing• blue/grey skin color• poor fluid intake• severe, persisting vomiting• difficulty waking child• extreme irritability• flu symptoms improve but return with worse cough or fever	<ul style="list-style-type: none">• shortness of breath or difficulty breathing• chest pain or pressure• sudden dizziness• confusion• severe, persisting vomiting• flu symptoms improve but return with worse cough or fever

For additional information on influenza, call the New York State Department of Health Flu Hotline at (800) 808-1987 or visit:

<http://www.cdc.gov/Features/Flu>

<http://www.health.state.ny.us>