



Deborah McMahan, MD  
Health Commissioner

Mindy Waldron, REHS,  
CFSP  
Administrator

**Main Office**  
1 E. Main St. 5th floor  
Fort Wayne, IN 46802  
260-449-7561

**Infectious Disease Center**  
2040 S. Calhoun St.  
Fort Wayne, IN 46802  
260-449-7920

**Vector Control and  
Environmental Services**  
2242 Carroll Road  
Fort Wayne, IN 46818  
260-449-7459

### Be a Flu Fighter!

- Stay home from work, school, and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Wash your hands often with soap and water especially after you cough or sneeze.

Go to  
[www.FightTheFlu.org](http://www.FightTheFlu.org)

# Fort Wayne-AlLEN County Department of Health News Release

Contact: John Silcox, 260-449-7395, [john.silcox@co.allen.in.us](mailto:john.silcox@co.allen.in.us)

## For Immediate Release

## **H1N1 FluMist and seasonal flu vaccine available Saturday at Carew Medical Park**

*FORT WAYNE, Ind. (Oct. 9, 2009).* – Children and young adults needing the H1N1 nasal spray vaccine or the seasonal flu shot can get it Saturday at the Carew Medical Park.

More than 200 people received the H1N1 nasal spray vaccine as of noon on Friday. The clinic will be open again on Saturday from 9 a.m. to 1 p.m. and on Monday from 10 a.m. to 7 p.m., while supplies last.

**The seasonal flu vaccine and the H1N1 flu vaccine are different vaccinations and it is recommended that people get both this year when available.**

**The nasal mist vaccine is the only type of H1N1 vaccine being offered right now. This vaccine is being reserved for healthy, non-pregnant people between the ages of 2 and 24. You cannot receive this vaccine if you have asthma or are sick with a stuffy nose.**

**The seasonal flu vaccine is an injectable vaccine available to children ages 6 months to 18 years of age.**

**Both vaccines are free to the public. Children under age 18 need to be accompanied by a parent or guardian. If you are not an Allen County resident, you should check with your county health department about where to get vaccinated in your area. The vaccine coming to Allen County is for Allen County residents but no one will be turned away based on residency.**

The health department received more H1N1 nasal spray vaccine on Friday but has not received any of the injectable H1N1 vaccine yet. When the injectable form arrives, it will be made available to people in the high-risk groups, including pregnant women, healthcare workers, caregivers of infants, and children with underlying health conditions.

Parkview Health is providing space for the clinic at Carew Medical Park, 1818 Carew Street. No appointment is necessary. The department's Immunization Clinic on the 5<sup>th</sup> floor of the City County Building, 1 E. Main St., is closed. Children who need routine vaccinations will need to see a private health care provider or visit a Super Shot location. For a list of Super Shot locations, call 424-7468 or visit [www.phpni.com/supershot.aspx](http://www.phpni.com/supershot.aspx).

**H1N1 FluMist vaccine (nasal spray)**

- For healthy, non-asthmatic children and young adults 2 to 24 years of age.
- Children under the age of 10 will need two doses of the H1N1 vaccine, four weeks apart, to be fully protected.
- No child younger than 2 years of age can get this vaccine
- You cannot get this vaccine if you have asthma or other respiratory condition. If you just have a mild cold or other illness without a stuffy nose, you can get the vaccine.
- If a child has had any live vaccine such as the MMR, Varicella (chickenpox) or the seasonal flu mist vaccine in the last 28 days, the child cannot receive the H1N1 FluMist vaccine.

**Seasonal Flu vaccine (injectable)**

- For children 6 months to 18 years of age
- No child younger than six months can get the vaccine

Children and young adults can get both types of vaccine at the same time.

Anyone experiencing symptoms of influenza should stay home and contact a health care provider.

For general information about the flu and H1N1 vaccine, visit [www.FightTheFlu.org](http://www.FightTheFlu.org) or call 2-1-1.

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