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**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

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For Immediate Release

## **Health department still offering free H1N1 FluMist and seasonal flu shots at Carew clinic**

*FORT WAYNE, Ind. (Oct. 12, 2009).* – The Fort Wayne-AlLEN County Department of Health is again offering H1N1 nasal spray vaccine and seasonal flu shots at its clinic at Carew Medical Park while supplies last.

**The clinic is open Monday from 10 a.m. to 7 p.m. and Tuesday through Friday from 9 a.m. to 5 p.m. No appointment is necessary.**

**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. People can get both vaccines at the same time.

The health department will offer vaccine as long as supplies last. More H1N1 flu vaccine, both nasal spray and injectable vaccine, is expected to arrive next week. 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, a three-story building located at 1818 Carew Street. You can access Carew Street either from Lake Avenue or East State Boulevard. Parking is available in an attached garage. The vaccine clinic will be on the third floor in Suite 300.

For more information, go to [www.FightTheFlu.org](http://www.FightTheFlu.org) or call 2-1-1.

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