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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

Fort Wayne-AlLEN County Department of Health News Release

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For Immediate Release

Health department recommends H1N1 vaccine this holiday season

FORT WAYNE, Ind. (Nov. 25, 2009). – The Fort Wayne-AlLEN County Department of Health is reminding those people at highest risk for complications from H1N1 flu to get vaccinated to protect themselves over the holiday season.

Free H1N1 vaccine will again be offered at the Carew Medical Park clinic on the following days next week:

- **Monday, Nov. 30, 4 to 6:30 p.m.**
- **Wednesday, Dec. 2, 4 to 6:30 p.m.**
- **Friday, Dec. 4, 9 a.m. to 2 p.m.**

Individuals within the following priority groups are currently eligible for the H1N1 vaccine:

- pregnant women
- people who live with or care for infants under 6 months of age
- children and young people from 6 months old to 24 years old
- adults age 25 through 64 with a compromised immune system or chronic health condition such as asthma, diabetes and cancer
- health care workers and emergency medical services personnel, including pharmacy and dental workers

“We encourage those who are in high-risk groups to get vaccinated, as the H1N1 vaccine is still the best protection for you and your loved ones against this illness,” said Allen County Health Commissioner Dr. Deborah McMahan.

“With Thanksgiving here and Christmas just around the corner, we know that families will be getting together to celebrate the season. We also know that when people gather together there is the potential for an upswing in illness.”

“Now is not the time to become complacent. Although we are seeing fewer H1N1 cases now, the flu is still circulating in our community and there are still people dying from it.”

Three H1N1-related deaths in Allen County have already been confirmed and two more are under investigation. A total of 33 H1N1-related deaths have been reported statewide since June 1.

Vaccines available at the Carew Medical Park clinic

Individuals within the following priority groups are currently eligible for H1N1 vaccination:

- pregnant women
- people who live with or care for infants under 6 months of age
- children and young people from 6 months old to 24 years old*
- adults age 25 through 64 with chronic health conditions
- health care and emergency medical services personnel, including pharmacy and dental workers

* Children under the age of 10 will need two doses of the H1N1 vaccine, four weeks apart, to be fully protected.

H1N1 vaccine (injectable)

- For pregnant women
- For persons of any age who live with or provide care for infants less than six months of age (e.g., parents, siblings, and daycare providers)
- For children and young people age 6 months through 24 years of age
- For adults age 25 through 64 with chronic health conditions such as asthma, diabetes or heart disease
- If a person is ill with a fever, he or she cannot get the vaccine
- No child younger than six months can get the 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 under age 18 must be accompanied by a parent or legal guardian (with notarized documentation).

Anyone experiencing symptoms of influenza should stay home and contact a health care provider. People can also limit the spread of flu by covering their cough and washing their hands.

For more information, go to www.FightTheFlu.org or call 2-1-1.

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