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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

Contact: John Silcox, 260-449-7395, john.silcox@co.allen.in.us

For Immediate Release

Free H1N1 flu vaccine available Tuesdays at Carew Medical Park

FORT WAYNE, Ind. (Dec. 31, 2009) – Beginning Jan. 5, the Fort Wayne-Allen County Department of Health will offer free H1N1 flu vaccine at its Carew Medical Park clinic on Tuesdays from 1 to 6 p.m.

Both the H1N1 nasal spray and the H1N1 injection will be available at the clinic. The nasal spray vaccine is recommended for healthy people ages 2 through 49. The H1N1 shot is recommended for all others.

Parkview Health is providing space for the clinic at Carew Medical Park, 1818 Carew St. More than 22,600 people have been vaccinated for H1N1 flu since the clinic opened on Oct. 9. Children under age 18 must be accompanied by a parent or legal guardian (with notarized documentation).

H1N1 vaccine is also available at area Kroger Pharmacies and Walgreen Drug Stores. These stores may charge an administration fee for the vaccine. See you local pharmacy for availability.

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

Vaccines available at the Carew Medical Park

H1N1 vaccine (injectable)

- For anyone 6 months of age or older, including those with chronic health conditions such as asthma, diabetes or heart disease
- No child younger than 6 months can get the vaccine
- If a person is ill with a fever, he or she cannot get this vaccine

H1N1 FluMist vaccine (nasal spray)

- For healthy children and young adults 2 to 49 years of age who do not have underlying health conditions
- No child younger than 2 years of age can get this vaccine
- No adult older than 49 can get this vaccine
- Pregnant women cannot get this vaccine
- If a person has had any live vaccine such as the MMR, Varicella (chickenpox) or the seasonal flu mist vaccine in the last 28 days, he or she cannot receive the H1N1 FluMist vaccine

Children under the age of 10 will need two doses of the H1N1 vaccine, four weeks apart, to be fully protected. Parents should bring the H1N1 vaccination records for children who are returning for a second dose.

Children under age 18 must be accompanied by a parent or legal guardian (with notarized documentation).

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