

# Press Release

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## H1N1 Update

H1N1 Vaccine has been slowly making its way to Pulaski County. We have been very busy getting these dispensed to the priority groups set by the Centers for Disease Control (CDC). The Health department has hosted four open H1N1 Flu Mist Clinics, and has started on our schools in the county. Along with getting the vaccine to our school age children we have been vaccinating our health care providers slowly as well. It is expected that there will be no shortage of the H1N1 vaccine; however, there has been a delay in getting vaccine from the manufactures.

The 2009 H1N1 Influenza A is a type of influenza (flu) virus that causes respiratory disease that can spread between people. Most people infected with this virus in the United States have had mild disease, but some have had more severe illness and even died. Individuals aged 6 months to 24 years of age, pregnant women, and people aged 25 to 64 years of age with chronic diseases like asthma, diabetes, or heart disease are at higher risk for complications from this infection. There are steps you can take to prevent the spread of the flu: Clean your hands, Cover your cough or sneeze with a tissue or sleeve, and Contain the flu by staying home if you are sick with flu-like symptoms.

The symptoms of the 2009 H1N1 Influenza A (flu) are similar to the symptoms of seasonal flu. They include:

- Fever of more than 100 degrees F
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea

Consult your family physician for more information on when to seek medical care. The Indiana State Department of Health continues to have a toll free hotline number for questions

regarding the H1N1 Virus and its vaccine at: **1-877-826-0011** or TTY 1-888-561-0044. It will be available from 8:30 a.m. to 4:45 p.m., Monday-Friday.

Persons who are at risk from complications are encouraged to get vaccinated at an open target clinic when we host them. Information about clinics will be in the local papers as well as on WKVI and WROI.

The Pulaski County Health Department anticipates receiving 100 doses of infant H1N1 Shots this week. We will be hosting a clinic at the Health Department in the County Annex Building on Saturday November 7, 2009 from 8:30 am est. – noon. This will be for children 6 months of age to 35 months of age ONLY. Please listen to the WKVI or WROI for more information on this clinic.