

H1N1 Flu Virus Media Release



St. Clair County Health Department

Public Health Update

Issue # 1

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Current Situation: Initial doses of H1N1 vaccine are expected to arrive at the St. Clair County Health soon. These first doses will be nasal mist, which come with restrictions for use, including pregnancy, age 50+ and the presence of other health conditions. It is expected these doses will be routed to health care workers and medical first responders. Vaccination clinics in county school district buildings are being scheduled for the end of October and November, pending receipt of additional doses, including shots. H1N1 vaccination clinics will also take place at the Health Department when larger amounts of vaccine become available. Many private providers and county pharmacies will be administering the vaccine as well. Vaccine clinic schedules will be posted on our website www.stclaircounty.org/offices/health as well as released for media publication. School districts will also post clinic schedules on their individual websites. Initially the vaccine will be targeted to high risk populations, including pregnant woman, children 6 months-24 years, caregivers of children under 6 months, health care workers and those 24-64 with underlying health conditions.

Current Recommendations:

- Get a seasonal flu shot. Shots are available throughout the community and are our best method of protection against seasonal flu
- Anyone in the H1N1 target groups listed above should plan on getting vaccinated as soon as supplies become available.
- Most people with flu like symptoms do NOT need to see their physician.
- Make sure you have a thermometer, cold remedies and fever reducers on hand. Supplies can become limited in pharmacies during flu outbreaks
- Stay informed by checking the websites listed below as well as local print and radio communications

Personal Protection Reminders:

- Wash hands often or use alcohol based hand sanitizer
- Cover coughs and sneezes with tissue or your sleeve
- Stay home when you are sick (24 hours after fever is gone)
- Avoid close contact with people who are sick
- Frequently clean commonly shared surfaces (door knobs, etc.)

Resources for more information:

www.stclaircounty.org/offices/health

www.cdc.gov/h1n1

www.michigan.gov/h1n1

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