

# H1N1 Flu Virus Media Release



St. Clair County Health Department

Public Health Update

Issue 8

November 6th, 2009

**Current Situation:** An updated list of school/community H1N1 vaccination clinics is now posted on the Health Department website: [www.stclaircounty.org/offices/health](http://www.stclaircounty.org/offices/health) or [www.BeatTheFlu.org](http://www.BeatTheFlu.org). Any county resident who is a member of the following high-risk groups can receive their vaccine at any clinic location:

- Pregnant women
- Caregivers & household contacts of children under 6 months. This includes parents, siblings and daycare providers
- Healthcare workers and emergency medical service personnel who have direct contact with patients or infectious material
- Children and adolescents 6 months through 24 years.

These are the people who are most vulnerable to H1N1 influenza. **Those who are not in one of these high risk groups will NOT be vaccinated until larger supplies of the vaccine become available.**

All clinics will be held from 1:30 – 3pm for students and 3-8pm for the community. Clinic locations are as follows:

- **Thursday, November 12, 2009 at Yale High School**
- **Monday, November 16, 2009 at Capac Elementary School**
- **Tuesday, November 17, 2009 at Port Huron High School**
- **Monday, November 23, 2009 at Marysville Middle School**
- **Tuesday, November 24, 2009 at Port Huron Northern High School**

## **Current Recommendations:**

- ***Parents should reinforce personal protection measures with their students and keep them home if signs of illness are present.*** School districts are not required to notify parents of cases of H1N1 influenza. H1N1 influenza is widely circulating within our county, and only those severely ill and/or hospitalized are recommended to be tested. It can be assumed that anyone experiencing influenza-like symptoms may be infected with H1N1 influenza.
- Most children and adults who are in generally good health and experiencing mild symptoms will recover without needing to visit a health care provider
- While H1N1 flu is relatively mild in most cases, it can cause serious illness and complications. Seek medical attention for children who are experiencing fast or trouble breathing, bluish or grayish skin coloring, persistent vomiting, irritability, not drinking enough fluids, or not waking up or interacting.

## **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.)
- Keep immune system healthy by getting enough sleep, eating right, exercising and managing stress

## **Resources for more information:**

[www.stclaircounty.org/offices/health](http://www.stclaircounty.org/offices/health)

[www.BeatTheFlu.org](http://www.BeatTheFlu.org)

[www.cdc.gov/h1n1](http://www.cdc.gov/h1n1)

[www.michigan.gov/h1n1](http://www.michigan.gov/h1n1)

**For more information contact:**

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