

H1N1 Flu Virus Media Release



St. Clair County Health Department

Public Health Update

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Current Situation: St. Clair County Health Department H1N1 vaccination clinics scheduled in county school districts will continue to vaccinate only people in the following categories:

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

People in the above priority groups are at highest risk for complications from H1N1 influenza. As vaccine supplies increase these groups may expand.

As of 11/12/09, and until further notice, healthy, non-pregnant people aged 2 – 49 years in the above priority groups will be offered only nasal mist vaccine due to limited supplies of injectable vaccine (shot).

Current Recommendations:

- 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.)

Resources for more information:

www.stclaircounty.org/offices/health

www.BeatTheFlu.org

www.cdc.gov/h1n1

www.michigan.gov/h1n1

For more information contact:

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