



# H1N1 UPDATE

November, 2009



## Prevention is very important!

- H1N1 vaccinations are provided free by the government to health care providers. The goal is to inoculate half of the population. Some agencies may charge a fee for giving the shot/nasal spray. However, vaccinations are available for free at many locations.
- Priority for vaccinations....
  1. Health care workers
  2. Children ages 6 mo. to 24 years
  3. Pregnant women
  4. People ages 25-64 with chronic health conditions (like asthma, diabetes or cardiovascular disease) or who have a compromised immune system
  5. Adults age 65+ (risk to get H1N1 is less compared to the other groups)
- Nasal spray is a weakened live virus and is given only to people ages 2-49. (It is NOT given to women who are pregnant or to people who have a compromised immune system.)
- H1N1 should be given in addition to the seasonal flu vaccine. Peak flu season for regular flu is January so get the flu shot now. Flu shots take 7-10 days for protection to occur.
- If allergic to eggs, it is important to consult with a physician for appropriate evaluation before vaccination should be considered!
- Treatment for H1N1 is the same as regular flu. Tamiflu is not recommended unless there are actual signs of flu.
- Health Department is looking for clusters and excessive absences (10% higher than usual for that time of year.) H1N1 is determined by a buccal swab and it takes a week to get the results. People with uncomplicated flu symptoms are not being tested. Testing is mostly for those hospitalized with flu symptoms and people who live with a person who would need to know if he/she was exposed.
- Go to <http://www.orangeusd.org/H1N1/> to review hygiene practices that help to prevent getting the flu and also decrease the chance of spreading germs to others.

## Free H1N1 Vaccination Clinics through the Orange County Health Care Agency

Nasal spray H1N1 influenza vaccinations are available for healthy children 2 to 9 years of age, and healthy people younger than 49 years old who are care givers for children younger than 6 months of age. Children 2 to 9 years of age will need two doses of vaccine at least 3-4 weeks apart to develop sufficient immunity to the virus.

There are 2 ways to find a free Vaccination Clinic provided by the Orange County Health Care Agency.

Call the Health Care Agency's Health Referral Line at 800-564-8448.

OR

Go to <http://ochealthinfo.com/h1n1/> to find current information about upcoming H1N1 Vaccination Clinics.