

H1N1 Bi-Weekly Update December 1, 2009

The Monroe County Health Department will hold its first public H1N1 Flu Mist Vaccination Clinic Saturday, December 5 at 10:00am at Community Health Services, 333 E. Miller Drive in Bloomington. **The target group population that is eligible and approved to receive the flu mist is 2-24 year olds who are healthy.** The clinic will serve eligible people until 2:00pm, or until the vaccine supply is depleted. Please do not attend the clinic if you are ill.

Additional clinics for those in other segments of the target group are being scheduled; those dates and times have not been posted. Details will soon be available at <http://www.co.monroe.in.us/health/> or calling 211 or the Health Department information line at 349-2543.

The H1N1 vaccine is now available at First Health Care Group, 100 North Curry Pike in Bloomington. **First Health Care Family Practice is happy to be a volunteer public site for administering the H1N1 vaccine to pediatric clients and to “at-risk” adults.**

At-Risk includes:

- Children and young adults 6 months to 24 years
- Pregnant women
- Adults who live with or care for infants younger than 6 months
- Health Care and EMS personnel
- Ages 25-64 adults with certain chronic medical conditions or weakened immune systems

Please remember that you can contact your personal Physician and ask if the vaccine is available (you must be in the at-risk group to receive the vaccine).

Health Officials advise everyone to follow the three C's to prevent the spread of a cold, influenza, or any infectious disease:

- **Cover** your nose and mouth with a tissue when you cough or sneeze
- **Cleanse** hands
- **Contain** when ill