

Flu Facts: An Update About the Seasonal (regular) Flu Vaccine

The Livingston County Department of Health has seasonal flu vaccine for children 6 months to 5 years of age.

Public Flu Clinic for Children in the above age groups will be on:

**November 3, 4-6 pm at the
Livingston County Department of Health,
2 Murray Hill Drive, Mt. Morris**

Additional seasonal flu clinics will be posted as they are scheduled. Please check this website and the local pennysavers for more information.

Prevention is KEY!

- Cover your nose and mouth with a tissue when you cough/sneeze and throw the tissue in the trash then wash your hands or use alcohol based hand cleanser.
- Wash your hands often with soap and water or alcohol based hand cleanser
- Avoid touching your eyes, nose or mouth because this is how germs spread.
- Try to avoid close contact with sick people
- If you are sick with the flu, avoid contact with people until at least 24 hours after your fever is gone (without use of any fever reducing medicine)

For questions or more information about the flu or flu vaccine, contact the Livingston County Department of Health at **585-243-7299** or visit our website at http://www.livingstoncounty.us/doh_home.php.



Please see page 2, for information regarding H1N1 (swine) flu.

Flu Facts: An Update About the H1N1 (swine) Flu Vaccine

The Livingston County Department of Health has H1N1 flu mist (live vaccine) for healthy children 2 to 5 years of age.

Public Flu Clinic for Children in the above age groups will be on:

November 3, 4-6 pm at the
Livingston County Department of Health,
2 Murray Hill Drive, Mt. Morris

Children having the following contraindications CANNOT receive H1N1 flu mist:

- Asthma or wheezing episodes in the last year
- Close contact with anyone with severely weakened immune system
- Receiving long term aspirin treatment
- Recently or are now taking antiviral medications

Please note: The H1N1 flu vaccine is a live vaccine which is a nasal spray. Children can receive the seasonal flu injection and H1N1 flu mist at the same time.

The Livingston County Department of Health has a limited supply of H1N1 (swine) flu vaccine available for pregnant women and household contacts of those under 6 months of age. Please contact your doctor first, if they do not have H1N1 available yet please call the Livingston County Department of Health to be placed on a waiting list for the vaccine as it becomes available.

Due to the H1N1 vaccine not being delivered all at once, your patience is appreciated. Additional H1N1 flu clinics will be posted as they are scheduled. Please check this website and the local pennysavers for more information.

As additional vaccine becomes available, clinics will be scheduled for the other priority groups including:

- Healthcare workers
- Emergency medical personnel
- All people from 6 months through 24 years of age
- Adults 25-64 years of age with chronic medical conditions

After individuals in the priority groups have had an opportunity to get vaccinated, H1N1 flu vaccine will be available to everyone who wants it.

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