

Livingston County Department of Health

Flu Facts: An Update about the Seasonal (regular) and H1N1 (swine) Flu Vaccine

Updated on 12/29/09

The Livingston County Department of Health has H1N1 and seasonal flu vaccine available for ALL Livingston County residents 6 months of age and older.

H1N1 and Seasonal Flu Clinics will be held on:

January 6, 3 PM - 6 PM Avon Middle School Cafeteria
191 Clinton Street, Avon

H1N1 and Seasonal Flu vaccinations are also being offered at our regularly scheduled immunization clinics:

<i>1st Tuesday of each month</i>	<i>3rd Tuesday of each month</i>
Livingston County Department of Health	American Legion/VFW Veterans Hall
2 Murray Hill Drive	5480 East Avon Road
Mt. Morris	Avon
4:00 pm to 6:00 pm	4:00 pm to 6:00 pm

Please Note: Children 9 years of age and under can now receive their second doses of the H1N1 vaccine at our clinics as long as there has been more than 21 days since they received their first dose.

The H1N1 vaccine is available as an injection or a flu mist and there is **no cost** for either the H1N1 vaccine or seasonal flu vaccine.

* Livingston County did not receive any of the recalled H1N1 flu vaccine.

* Even if you think you already had H1N1 flu, the Centers for Disease Control and Prevention recommends that you receive the H1N1 vaccine to be fully protected. Receiving the H1N1 vaccine if you already had H1N1 flu will not be harmful.

Please check the Livingston County Department of Health's website, local radio and television stations, and the 800 number for any weather-related clinic cancellations.

Additional flu clinics will be posted as they are scheduled. Please check our 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)
- Stay home from work or school if you are ill.
- **Get your flu shots!**

For questions or more information about the flu or flu vaccine, contact the Livingston County Department of Health at **1-877-280-6775** or visit our website at http://www.livingstoncounty.us/doh_home.php.

