

December 2009

Special Points of Interest:

- **H1N1 Vaccinations For Children 9 and Younger**
- **Vaccine is Now Available To The General Public**
- **Don't Be Lulled Into Complacency**

For information and updates on seasonal flu as well as H1N1 flu call the Health District's

FLU HOTLINE

513-588-5121



Or visit the Health District website.

www.clermonthealthdistrict.org

The Flu and You

Stay Informed. Stay Healthy.

Children 9 Years and Younger Need Second H1N1 Vaccination

In the past two months The Health District has held over 30 clinics and administered approximately 14,000 vaccinations to Clermont County children.

The Health District estimates that approximately 36% of the students enrolled in the various schools in the county have received the H1N1 vaccination and approximately 80% of the 14,000 vaccinations were given to children under the age of 10. The Clermont County Health District will be returning to the elementary schools during the second and third weeks in December for follow-up clinics.

According to the Centers for Disease Control and Prevention (CDC), the required second dose of the vaccine for children under 10 should be given 28 days

or more after the first dose has been administered.

This is necessary because the first dose "primes" the immune system, while the second dose provides the actual immune protection.

Children who only get one dose but need two doses can have reduced or no protection from a single dose of flu vaccine. Two doses are critical for this age group. Please be sure your child gets a second dose if they need one.

Families are encouraged to bring their vaccination cards when they return so the second dose can be recorded on the same card. If the cards have been

misplaced it's no problem to simply issue a new card.

The Clermont County Health District will be conducting follow-up clinics at elementary schools within the county for children under 10 needing to receive their second dose of vaccine.

Schools will distribute letters to parents with clinic information specific to each school approximately one week before the second dose clinics. Please check with your school for the specific date and time.





To stay healthy this flu season
remember to

WHACK the Flu!



- Wash your hands often
- Home is where you stay when you are ill
- Avoid touching your eyes, nose and mouth
- Cover you coughs and sneezes
- Keep away from others who are coughing and sneezing



H1N1 Vaccine is Now Available To The General Public

In an effort to protect all Ohioans, The Ohio Department of Health (ODH) will expand H1N1 influenza vaccine eligibility to all Ohioans beginning **December 14**. This comes after many weeks of focused efforts to reach high risk populations.

Health officials evaluated several factors before making the decision to lift restrictions on vaccine eligibility including prior vaccine distribution, feedback from local health departments and discussions with other state and federal health officials.

The Clermont County Health District is offering appointments to the general public throughout the holidays and into January 2010. To schedule an appointment call the Health District Nursing Division at 513-735-8400.

One high risk group that has not been adequately reached are university students. Vaccine was not available to ship to most universities until students left for the holiday s. Take advantage of the Health District's H1N1 appointments and make

sure the college students in your family receive their H1N1 vaccination.

The Health District will also be holding additional walk-in clinics in the near future. Please continue to check the web site or call the hotline for updates and the most recent information.



Don't Be Lulled Into Complacency

As the flu season continues it is important not to get lazy in your efforts to fight the flu.

Although the H1N1 pandemic is entering a time where disease is gradually decreasing and there is a steady increase in the amount of vaccine available, it is still just as important to follow recommended procedures for preventing infection. This includes washing

hands thoroughly and often, covering mouths when sneezing or coughing, and staying home from work or school if sick.

The single most effective way to fight the flu is to get vaccinated. Right now there is a window of opportunity for fighting H1N1. Don't be lulled into a false sense of security while H1N1 cases are decreasing. Take the

time to get your family vaccinated and please continue to WHACK the flu.

Thus far there have been two waves of infection in this pandemic, one in the spring of 2009 and one in the fall. The Health District will continue to monitor the situation and is will remain prepared to response should a third wave occur in early 2010.