



# LEWIS & CLARK CITY-COUNTY Health Department

1930 Ninth Avenue  
Helena, MT 59601  
PH: 406.4HEALTH or 406.443.2584  
Fax: 406.457.8990

**PRESS RELEASE**  
**December 11, 2009**  
**FOR IMMEDIATE RELEASE**

**H1N1 Vaccine Now Available FREE To Everyone**

Contact: Mike Henderson, Disease Control and Prevention Administrator, Lewis & Clark City-County Health Department, 457-8914, [mhenderson@co.lewis-clark.mt.us](mailto:mhenderson@co.lewis-clark.mt.us)

Helena—The Lewis & Clark City-County Health Department has announced that the H1N1 vaccine is now available to everyone over six months of age. The vaccine, which is available as either a flu shot or a nasal spray, is free of charge at the Health Department, 1930 9<sup>th</sup> Ave., Monday through Friday from 11am to 4:30pm. No appointments are necessary.

Health Department officials encourage everyone to get vaccinated before the holidays. “Any time kids and adults take time off from school and work, when they all come back together, we see an increase in colds and influenza illnesses,” said Kay Robertson, Public Health Nurse. “Also, people traveling in and out of the community at the holidays spread illness.”

Although the number of H1N1 cases in Lewis & Clark County has declined significantly from its peak in November, the illness is still here. According to Mike Henderson, Disease Control and Prevention Administrator, “If you have been vaccinated, you are less likely to spread the influenza virus to others. The H1N1 influenza affects mostly young people, and infants younger than six months old are too young to vaccinate. A flu shot not only protects you, it protects everyone else.”

If you need additional information, please call our flu hotline at 457-8904 or contact your physician.

*The Lewis & Clark City-County Health Department’s mission is to improve and protect the health of all Lewis & Clark County residents.*

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