



LEWIS & CLARK CITY-COUNTY
Health Department

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PRESS RELEASE
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FOR IMMEDIATE RELEASE

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H1N1 Flu Vaccine : Special Vaccination Clinic October 20

Helena – Lewis & Clark City-County Health Department has received two small shipments of H1N1 Vaccine, and will hold a flu vaccination clinic on October 20th, 3-6pm at the County Fairgrounds multi-purpose building.

Currently, 250 doses of the vaccine are available for the October 20th clinic. The vaccine available for the clinic is a weakened form of the live virus that is administered as a nasal spray. This form of the vaccine is appropriate for **healthy** 2 to 49 year olds. The clinic is for people in the following high risk groups on a first come, first serve basis:

- Children ages 2 to 4 years
- Caregivers of infants or adults who live with infants up to 6 months of age
- Persons working in health-care settings who perform direct patient care
- Persons who provide emergency medical care as part of their normal job duties.

The Health Department expects additional shipments of HINI vaccine weekly. As vaccine supplies arrive, staff is working with clinics and medical care providers to get the first shipments to those that are at highest risk of disease complications. High risk groups include:

- Pregnant women;
- Household members and caregivers of infants younger than 6 months of age;
- Health care and emergency medical services personnel with direct medical contact with patients or infectious materials;
- Children 6 months through 4 years old;
- Children with chronic medical conditions under 19 years of age.

H1N1 vaccine will be available at more clinics in the community starting November 3. The schedule is located on the county web page: <http://www.co.lewis-clark.mt.us/>

Frequent updates on community clinics will be provided at the following locations:

Flu Hotline: 457-8904

Lewis & Clark City-County Web Page <http://www.co.lewis-clark.mt.us/>

To stay healthy, the Lewis & Clark City-County Health Department recommends the following:

- 1) **Wash your hands often with soap and warm water**, especially after you cough or sneeze. Alcohol-based gel hand cleaners are also good to use, but only when soap and water is not available.

- 2) **Stay home when you are sick.** If you are sick, stay home and limit your contact with other people as much as possible to keep from spreading your illness to others.
- 3) **Cover your nose and mouth with a tissue when you cough or sneeze,** or sneeze into your sleeve. Throw the tissue in the trash after you use it. Then wash your hands.
- 4) **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- 5) Use available **disinfectant wipes for shopping cart** handles.
- 6) **Avoid close (within 6 feet) contact with sick people.** Information on how to **care for sick family members** is located at: www.CDC.gov
- 7) **Practice good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more information call the H1N1 flu hotline at 457-8904 or visit www.CDC.gov or www.flu.gov .

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