



LEWIS & CLARK CITY-COUNTY Health Department

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

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FOR IMMEDIATE RELEASE

Contact: Mike Henderson, RN – Lewis and Clark City-County Health Department Disease Control and Prevention Administrator, 457-8914, mhenderson@co.lewis-clark.mt.us

H1N1 Flu Vaccine : Special Vaccination Clinic October 27

Helena – Lewis & Clark City-County Health Department will hold a flu vaccination clinic on October 27th, 2:30-6pm at the County Fairgrounds multi-purpose building. The clinic is for people in the following high risk groups on a first come, first serve basis:

- pregnant women,
- persons who live with or provide care for infants aged <6 months (e.g., parents, siblings, and daycare providers),
- health-care and emergency medical services personnel who have direct contact with patients or infectious material,
- children aged 6 months--4 years, and
- children and adolescents aged 5--18 years who have medical conditions that put them at higher risk for influenza-related complications.

.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.