

## H1N1 Novel Influenza

The Community Health Center would like remind everyone that Influenza Season is upon us. We face two threats this year: Seasonal Influenza and H1N1 Influenza (Swine Flu). We encourage everybody to take the following steps to protect themselves and their families:

- 1) Wash your hands frequently
- 2) Cover sneezes and coughs
- 3) Stay home when you're sick
- 4) Clean work and household surfaces often
- 5) Wear a mask if you tend to get sick
- 6) Get ***Vaccinated***.

**Seasonal Influenza Vaccination:** To maintain your health it is a good idea to get your annual Influenza Vaccination Shot every year. The Community Health Center has Seasonal Influenza Vaccine in stock and we strongly encourage **everyone** (all ages) come in to receive their annual immunization.

**H1N1 (Swine) Influenza Vaccination:** We are currently working with the Federal Government to obtain H1N1 Vaccine and expect to receive the first of several H1N1 Vaccine shipments in mid-to-late October. The Center for Disease Control (the CDC) has identified the following groups as being the *most-at-risk* and has required that they be given priority status in receiving an immunization:

- 1) Pregnant women
- 2) Households (everybody) that have children younger than 6 months of age
- 3) Healthcare, Daycare and emergency medical services personnel
- 4) All people from 6 months through 24 years of age
- 5) Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

It is our plan to hold a mass vaccination clinic once we receive the initial shipment of H1N1 Vaccine to get as many people in the *most-at-risk* category immunized. We will let you know when this will occur and how to receive your immunization (if you are in the *most-at-risk* group). When we receive additional shipments of the Vaccine (four-to-six weeks after the initial shipment) we will expand our immunization program for H1N1 Influenza to all other remaining Tribal members and other patients of the Community Health Center.

***If you have any questions please feel free to contact either of the individuals below.***

Drew Adams, Assistant Health and Human Services Administrator @ 1-800-344-8583

Deborah Sensenbach, Contact Health Case Manager @ 1-866-862-7506

We also maintain up-to-date information at <http://www.coquilletribe.org/SwineFlu.htm>