

Media Advisory

From: Harrison-Clarksburg Health Department Date: Nov. 3, 2009
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Harrison County Announces First Clinic at RCB for H1N1 Vaccine.

The Harrison-Clarksburg Health Department in partnership West Virginia Department of Health and Human Resources has received additional doses of vaccine for H1N1 at the health department.

First Vaccination Clinic at Robert C. Byrd High School

Time for Clinic 4 PM to 8 PM

Read Vaccine Information

Bring completed consent form with your child to the appropriate clinic (forms are posted on <http://www.harcoboe.com/>).

The first clinic will be:

When: Thursday, November 5, 2009

Who: Ages 2-6 and children 7 through 18 years of age who are pregnant or have chronic medical conditions such as: diabetes, heart disease, lung disease, asthma, weakened immune system, anemia and other blood disorders.

We will be releasing dates for future clinics and the ages groups of persons to attend as soon as we have vaccine available and they will be posted on the Harrison County Board of Education website, <http://www.harcoboe.com/> .

Anyone missing their scheduled clinics may come to following clinics at RCB or to Harrison-Clarksburg Health Department on Monday, Tuesday's, Wednesday, or Friday, 9 AM to 3 PM.

We are currently offering to these groups on these days:

- Health care providers and emergency workers that are in direct patient contact (including pharmacist). Please bring proof of employment (ID, Pay stub, etc.)
- Pregnant Women and their immediate families
- Household contacts and caregivers for children younger than 6 months of age
- Children from 6 months through 2 years of age

The health department is located in downtown Clarksburg, 330 West Main Street, ½ block before the court house on the left hand side of the street. Two hour free parking is available on Traders Ave. behind the health department.

We will continue to offer vaccine to all these priority as vaccine becomes available

- Pregnant women
- Health care providers and emergency workers that are in direct patient contact
- Household contacts and caregivers for children younger than 6 months of age
- All people from 6 months through 24 years of age
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

Until more vaccine is available for this new H1N1 virus use these precautions to protect you and to help limit the spread of the germs that cause illness.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.
- Follow public health advice regarding avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items could be useful and help avoid the need to make trips out in public while you are sick and contagious.
- Eat healthy, exercise and get plenty of rest.

The symptoms for the H1N1 Influenza are very similar to seasonal flu:

- Fever
- Body aches
- Runny or stuffy nose
- Sore throat
- Nausea, or vomiting or diarrhea.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.

These are “emergency warning signs” that should signal anyone to seek medical care urgently?

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting

- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

For more information go to <http://www.wvflu.org/> or the Centers for Disease Control and Prevention (CDC) website <http://www.cdc.gov/swineflu/>