



KNOW WHAT TO DO ABOUT THE H1N1 SWINE FLU

I M P O R T A N T

H1N1 (SWINE FLU) INFORMATION

H1N1 is a new strain of the flu virus. In most cases it is mild and passes without medical treatment. Children from 6 months to 18 years of age are at higher risk of H1N1 infection because they are in close contact with each other in school and day care settings, which increases the likelihood of disease spread. Some children and adults are at higher risk for serious complications from H1N1, especially those who have other health problems.

H1N1 vaccines will be available this month. Contact your child's doctor or clinic about vaccinating your child. If you cannot get the H1N1 vaccine through your doctor, a free vaccination station will be provided by the St. Lucie County Health Department as follows:

Saturday, October 24, 2009 - 8 a.m. to 4 p.m.

St. Lucie County Logistics Center

3855 S. U.S. Highway 1

Fort Pierce, FL 34982

(Site of the old Sam's Club - On U.S. 1 between Weatherbee & Farmer's Market Roads)

This is the first county-wide vaccination station.

Future opportunities will be announced as more vaccine becomes available.

Check our website for availability www.stluciecountyhealth.com.

4 WAYS TO STAY HEALTHY THIS FLU SEASON



WASH HANDS often with soap and water, especially after coughing or sneezing. Use hand sanitizers if soap and water is not available.



COVER COUGHS & SNEEZES with a tissue or cough or sneeze into your elbow or shoulder - not into your hands.



KEEP SICK AT HOME for at least 24 hours after there is no longer a fever or signs of a fever (*without the use of fever-reducing medicine*).



GET VACCINATED for seasonal flu, which is available now, and H1N1 flu when it is available.

For more information, go to www.stluciecountyhealth.com or call:

1-877-FLA-FLU1

1-877-(352-3581)