

The next public clinics for the H1N1 vaccine are as follows:

Friday's, January 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> at the Health Department, 475 S Spruce from 8am to 4pm.

***Open to the general public.***

**PLEASE NOTE: Children under the age of 10 need a booster 28 days after their first vaccination.**

The vaccine will be free.

Further clinics to be announced at a later date.

Recommendations for community mitigation for both seasonal and H1N1 flu remains unchanged:

- Get your seasonal flu shot as soon as possible; get H1N1 vaccine when available
- Avoid contact with ill persons
- Cover coughs and sneezes with the arm or a tissue...discard used tissues
- Wash hands frequently with warm water and soap
- Screen and exclude any sick children from school and monitor symptoms at home
- Stay home if sick. Do not return to work or school until 24 hours after your fever goes below 100 degrees F (without Tylenol or other medication).