



Grant County Health District – Always Working for a Safer and Healthier Grant County

Ephrata Office County Courthouse
PO Box 37, Ephrata, WA 98823
509-754-6060

Moses Lake Office
1038 West Ivy Suite 1, Moses Lake, WA 98837
509-766-7960

FOR IMMEDIATE RELEASE 04/02/2010	FOR INFORMATION CONTACT
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It's not too late to get your H1N1 vaccination!

GRANT COUNTY – Public Health reminds people that it's not too late to get their H1N1 vaccination. Most of the patients recently hospitalized due to H1N1 in Southeast United States were unvaccinated adults; many had pre-existing conditions that made them more susceptible to the H1N1 flu (CDC). "H1N1 is very likely still present in our community and as a novel virus will continue to be present in higher numbers during the upcoming year, that's why it will be included in the 2010-2011 seasonal flu vaccine," states Dr. Alexander Brzezny, Grant County Health Officer. According to CDC, H1N1 has sickened about 60 million people in the US and contributed to about 12,000 deaths since April 2009. Children 6 months to 9 years old need two doses of the H1N1 vaccine, at least four weeks apart, **to be fully protected**. A child can get either the H1N1 vaccine by nasal spray or the shot as their second dose.

Contact your health care provider to schedule an appointment or come to one of the two upcoming free H1N1 shot clinics for anyone 3 years or older.

Monday, April 5th 1:00 - 4:00 pm

Ephrata Grant County Health District Office - 35 C St. NW
509-754-6060

Tuesday, April 6th 9:00-11:00 am and 1:00-4:00 pm

Moses Lake Grant County Health District Office - 1038 W. Ivy
509-766-7960

What You Can Do to Stay Healthy

- **Get vaccinated.** Vaccination is the best protection we have against flu.
- **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 and mouth.** Germs spread that way.
- **Stay home if you get sick.** CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Stay informed.** The following web sites will be updated regularly as information becomes available.
Washington State Department of Health English: www.doh.wa.gov/h1n1/h1n1_family.htm
Spanish: www.doh.wa.gov/h1n1/spanish/default.htm
Recorded information in English and Spanish 1-888-703-4364.