



# NEWS

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## McLean County Health Department Prepares for H1N1 Vaccination Clinics

Bloomington- McLean County Health Department gears up for the H1N1 influenza season. The first shipment of the H1N1 vaccine arrived at the health department on Thursday. The shipment consisted of multi-dose vials containing a preservative. The vaccine, provided and distributed by the federal government to each state is then funneled to local health departments and other medical providers. This is the first of a series of vaccine shipments to the county. Because of the limited number of doses, one clinic is scheduled and the vaccine will be given to the following priority groups:

- McLean County resident
- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

The initial clinic for these priority groups will be held at the Bloomington Sale Barn at 2027 South Main on Tuesday, October 20<sup>th</sup> from 12:00 pm until 7:00 p.m. Additional clinics will be scheduled as routine shipments arrive. If applicable, those who attend clinics should bring their Medicare/All Kids/ Medical cards with them.

The health department recommends following The Centers for Disease Control (CDC) guidelines to help prevent influenza.

- Get vaccinated for both seasonal and H1N1 influenza when it becomes available
- Cover your nose and mouth when you sneeze or cough. Use a tissue or upper arm, not your hand.
- Wash hands frequently with soap and warm water. Use alcohol based hand sanitizers if soap and water are unavailable
- Avoid touching eyes, nose, and mouth because germs spread in this manner.
- Routinely clean frequently touched common surfaces such as your phone, computer keyboard, door knobs, etc
- Avoid contact with sick people
- If you are sick, stay at home until fever free for at least 24 hours without the use of a fever- reducing medication

Remember you can be proactive against the flu! Just follow the 3 C's.

Clean: Wash your hands

Cover: Cover your cough or sneeze

Contain: Keep sickness at home

For more resources; [www.cdc.gov](http://www.cdc.gov), [www.flu.gov](http://www.flu.gov), [www.ready.illinois.gov](http://www.ready.illinois.gov)