



This year's flu season will be a unique one as we will have two vaccines available. The first will be the "seasonal" flu vaccine which we traditionally give to older patients and others at risk for complications from the flu. The second vaccine is for the H1N1 (Swine) strain which is more likely to affect younger patients. We will be giving both vaccines in the Hofheimer Hall office and would like to start scheduling patients for administration.

FLU SEASON IS COMING..... BE PREPARED!!!

2009-2010 FLU INFORMATION

SEASONAL FLU VIRUS AND VACCINE

The 2009-2010 flu season is coming. What does that mean to you? In order to protect yourself and your family from potential flu illness, it is important that you receive the seasonal flu vaccine in a timely fashion. The seasonal flu vaccine should be given to any patient who falls into any ONE of the following categories:

- ◆ Children aged 6 months to 18 years
- ◆ Pregnant women
- ◆ People age 50 and above
- ◆ People of any age with chronic health conditions
- ◆ People who live in nursing homes or other long term care facilities

- ◆ People who live with or care for someone who falls into one of the categories above
- ◆ Healthcare professionals

Our office will be receiving our first shipment of the seasonal flu vaccine by the end of September. We will be offering the flu vaccine to you at your regularly scheduled ap-



pointments. In addition, you will be able to schedule an appointment with a nurse to come in to get your flu vaccine. If you

receive your flu vaccine at another facility, please be sure to let us know so that we can update your medical record.

- ◆ We will offer flu vaccine appointments beginning Monday, September 28, 2009.
- ◆ Call 446-8920, option #2 to schedule your vaccination
- ◆ You may also receive your vaccine at any physician appointment
- ◆ If you have questions concerning the flu, please call our nursing staff at 446-8920, option 3
- ◆ If you think you have the flu and would like an appointment, call 446-8920, option 3.

H1N1 (SWINE) FLU VIRUS AND VACCINE...WHAT I NEED TO KNOW

In addition to the normal seasonal flu, we need to prepare for the possibility of an H1N1 flu outbreak. Those at risk of H1N1 infection are:

- ◆ Pregnant women
- ◆ Household contacts and caregivers of children younger than 6 months
- ◆ Healthcare and emer-

gency personnel

- ◆ Anyone age 6 months through 24 years
- ◆ Anyone age 25 through 64 years of age who have health conditions associated with higher risks of medical complications from influenza

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H1N1 FLU VIRUS AND VACCINE...WHAT I NEED TO KNOW

While a vaccine is being developed for the H1N1 virus, the exact date of its availability has not yet been determined. We anticipate receiving our supply of the vaccine in early November. Once we receive the vaccine, we will begin scheduling appointments to receive the vaccine.

Please note that the vaccine will not be given in two shots, two weeks apart.

You will only need one shot to receive your full H1N1 (Swine) flu vaccination. In the meantime, you may receive the seasonal flu vaccine on the same day as your H1N1 shot. We will follow the CDC's recommendations to prioritize who will

receive the vaccine.

Current studies indicate that



the risk for infection among patients age 65 and older is less than the risk for younger age groups.

TO RECEIVE YOUR

H1N1 FLU VACCINE:

- ◆ We will offer H1N1 vaccine appointments beginning Monday, November 2, 2009.
- ◆ Call 446-8920, option 2 to schedule your vaccine
- ◆ You may also receive your flu vaccine at any scheduled appointment with one of our physicians
- ◆ If you have any questions concerning the H1N1 flu vaccine, please feel free to call our nursing staff at 446-8920, option 3
- ◆ If have flu symptoms, please call 446-8920, option 3

"The CDC is concerned that the new H1N1 flu virus could result in a particularly severe flu season this year. Vaccines are the best tool we have to prevent influenza."

SYMPTOMS OF SEASONAL AND H1N1 FLU

Common symptoms of influenza are:

- ◆ Cough
- ◆ Fever greater than 100°
- ◆ Sore throat
- ◆ Nasal congestion
- ◆ Runny nose

If you have any of the aforementioned symptoms:

- ◆ Stay at home
- ◆ Cover your mouth and nose with a tissue when you cough or sneeze
- ◆ Clean your hands with soap and water or an

alcohol based hand sanitizer often

- ◆ Avoid touching your eyes, mouth and nose
- ◆ If you have to leave the house, cover your mouth and nose with a loose fitting surgical mask

HOW DO I PROTECT MYSELF AND MY FAMILY

To protect yourself and your family:

- ◆ Avoid close contact with sick people
- ◆ Stay home when you are sick
- ◆ Clean your hands often with warm water and soap or an alcohol based

sanitizer

- ◆ If someone in your family is sick, keep that person in a separate room away from the common areas of your home
- ◆ Keep the sick room door closed
- ◆ If possible, the sick per-

son should use a separate restroom. This restroom should be disinfected daily

- ◆ Use paper towels for hand drying
- ◆ Call our office to see if treatment with antivirals is necessary