

Livingston County Department of Health

Flu Facts:

**An Update about the
Seasonal (regular) and H1N1
(swine) Flu**

Updated on 2/5/10

The Livingston County Department of Health has FREE H1N1 and seasonal flu vaccine available for those 6 months of age and older.

H1N1 and Seasonal Flu vaccinations are also being offered at our regularly scheduled immunization clinics:

February 16 and March 16, 4 PM - 6 PM
American Legion/VFW Veterans Hall
5480 East Avon Road, Avon

March 2, 4 PM - 6 PM
Livingston County Department of Health
2 Murray Hill Drive, Mt. Morris

Please Note: Children 9 years of age and under can now receive their second doses of the H1N1 vaccine at the above clinics as long as there has been more than 21 days since they received their first dose.

The H1N1 vaccine is available as an injection or a flu mist.

*** Even if you think you already had H1N1 flu, the Centers for Disease Control and Prevention recommends that you receive the H1N1 vaccine to be fully protected. Receiving the H1N1 vaccine if you already had H1N1 flu will not be harmful.**

Please check this website, local radio and television stations, and the 800 number for any weather-related clinic cancellations.

Additional flu clinics will be posted as they are scheduled. Please check this website and the local pennysavers for more information.

Prevention is KEY!

- Cover your nose and mouth with a tissue when you cough/sneeze and throw the tissue in the trash then wash your hands or use alcohol based hand cleanser.
- Wash your hands often with soap and water or alcohol based hand cleanser
- Avoid touching your eyes, nose or mouth because this is how germs spread.
- Try to avoid close contact with sick people
- If you are sick with the flu, avoid contact with people until at least 24 hours after your fever is gone (without use of any fever reducing medicine)
- Stay home from work or school if you are ill.
- **Get your flu shots!**

For questions or more information about the flu or flu vaccine, contact the Livingston County Department of Health at 1-877-280-6775 or visit our website at http://www.livingstoncounty.us/doh_home.php.

