



DUPAGE COUNTY HEALTH DEPARTMENT

111 North County Farm Road, Wheaton, Illinois 60187

(630) 682-7400

www.dupagehealth.org

November 4, 2009

Dear DuPage County Community:

Thank you for your patience during this unique influenza season. We are pleased to announce that more vaccine has become available. You may make an appointment for either the H1N1 influenza injectable vaccine or the H1N1 influenza nasal mist vaccine by calling **866-311-1123**. Due to high call volume, you may get a busy signal; if you do, please try calling again. We encourage you to try calling during off, or non-peak hours. The appointment line is taking calls 24/7.

A flu vaccine is the single best way to protect against influenza illness. The Centers for Disease Control and Prevention (CDC) encourages anyone who wants to reduce their chances of illness from H1N1 flu to get vaccinated as soon as vaccines are available. Currently, due to limited supply and high demand, the CDC's Advisory Committee on Immunization Practices recommends that vaccination efforts focus first on people in the following priority groups:

- Pregnant Women
- People who live with or provide care for infants younger than 6 months
- Health care and emergency medical services personnel
- People 6 months through 24 years of age
- People 25 through 64 years of age with certain chronic medical conditions or a weakened immune system.

In addition to getting vaccinated against influenza, there are everyday actions you can take to stay healthy:

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. For medical questions or concerns, contact your physician.
- **Early treatment of persons at higher risk for flu-related complications:** People at high risk for influenza complications (including pregnant women, young children, persons \geq 65 years, persons of any age who have certain chronic medical conditions such as asthma, diabetes, neuromuscular disease, or have compromised immune systems) who become ill with influenza-like illness should speak with their physician as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths.
- **Practice good hand hygiene by washing your hands often** with soap and water, especially after coughing or sneezing. Antimicrobial hand cleaners are also effective.
- **Stay home if you are sick until at least 24 hours after there is no longer a fever or signs of a fever** (without the use of fever reducing medications). This will help reduce the number of people who may get infected.
- **Cover you nose and mouth** with a tissue when you cough or sneeze, and throw it away after use.
- **Do not share eating utensils or drinking containers.** Persons should not share straws, cups, glasses, water bottles used during sports or recreation, cigarettes, etc.

For more influenza information and updates, please visit www.protectdupage.org, www.ready.illinois.gov, www.cdc.gov/h1n1flu/, or www.flu.gov. For general information, call the H1N1 Hotline at 630-221-7600. For materials in Spanish, please visit www.cdc.gov/h1n1flu/espanol/.

Sincerely,

Maureen McHugh
Executive Director

Rashmi Chugh, M.D., M.P.H.
Medical Officer

Everyone, Everywhere, Everyday

In an emergency go to www.protectdupage.org and tune into WDCB 90.9 fm radio.
H1N1.09.39