



## **Health Department Flu Update: 12/2/09**

Although we are beginning to see some gradual declines in influenza activity, there is still a lot of influenza everywhere. Thirty-two states are reporting widespread activity, including Illinois. Almost all the influenza viruses identified so far continue to be the 2009 H1N1 influenza A virus. The best way to prevent getting the H1N1 flu is by getting the H1N1 vaccine. Now that supplies of the vaccine are increasing, this is an ideal time for people in priority groups to get their shots.

**The Lake County Health Department/Community Health Center has scheduled five more appointment-only H1N1 vaccination clinics for target population groups. The Department will provide the vaccine at no charge at the following sites:**

### **Gurnee**

Advocate Condell Medical Building  
1425 Hunt Club Road, Suite 103

**Dates:** Opening Friday, December 11, and continuing at least through the month of January

**Hours:**

Monday – Friday: 4:30 p.m. to 8:30 p.m.  
Saturday – Sunday: 8 a.m. to 1 p.m.

### **Vernon Hills**

Vernon Hills High School  
145 Lakeview Parkway

**Date:** Monday, December 14

**Hours:** 4:30 p.m. to 8:30 p.m.

### **Zion**

Zion-Benton Township High School  
Cafeteria  
3901 W. 21<sup>st</sup> Street

**Date:** Monday, December 14

**Hours:** 4:30 p.m. to 8:30 p.m.

### **Lake Villa**

Lakes Community High School  
1600 Eagle Way

**Date:** Tuesday, December 15

**Hours:** 4:00 p.m. to 8:00 p.m.

### **Wauconda**

Wauconda High School  
555 N. Main Street

**Date:** Tuesday, December 22

**Hours:** 12 p.m. to 4 p.m.

**To make an appointment (in English or Spanish) for any of the above listed clinics, please call: (888) 523-5727, 24 hours per day, seven days per week. The vendor will begin accepting appointments on Monday, December 7, at 8 a.m. Please do not contact the sites directly.**

These clinics are specifically for people in high priority target groups, including:

- Individuals 6 months to 24 years of age
- Caretakers and household contacts of children under 6 months of age
- Pregnant women
- Healthcare workers and emergency services personnel
- People 25 to 64 years of age with underlying medical conditions, such as asthma or diabetes, which put them at high risk for flu-related complications
- For individuals 9 years of age and younger who received their first H1N1 dose, the second dose will be available.

Several forms of vaccine, including nasal spray and injections, will be available at these clinics. Health Department vaccination clinic staff will work with residents to determine the best form of vaccine for each individual, based on health needs and vaccine availability. It is also very important that anyone who received a seasonal flu shot this year to bring a record of that vaccination to the H1N1 clinic so staff can determine the best form of vaccine to provide.

At this time, local healthcare providers and facilities, who registered to receive the H1N1 vaccine, are beginning to receive vaccine shipments through the Illinois Department of Public Health. Residents may want to check with their personal healthcare providers to see if the vaccine is available through them.

Since the spring, there have been 2001 hospitalizations and 64 deaths related to H1N1 flu statewide. In Lake County, there have been 95 hospitalizations and five deaths. The 2009 influenza (A) infection continues to impact younger age groups in Illinois. More than 80 percent of individuals hospitalized since April 19, 2009 were less than 65 years of age. The highest hospitalization rate reported is children 0-4 years old.

**As future Health Department vaccination clinics and plans are available, information will be shared publicly and will be available through the Health Department's Flu Hotline, 847.377.8350 and web page, [www.lakecountyil.gov/health/h1n1.htm](http://www.lakecountyil.gov/health/h1n1.htm)**

## ***What You Can Do***

### **Practice Healthy Habits**

In addition to getting your seasonal flu shot, help prevent the spread of flu in the workplace, schools and throughout the community by:

- Staying home if you are sick
- Covering your cough and sneeze
- Washing your hands frequently

Additional important items to remember about flu include:

- Overall, people are most contagious during the first three days of illness, so staying home during this time is especially important to not spread the flu to coworkers, friends or fellow students.
- People with flu-like symptoms should stay home from school, work and social gatherings until 24 hours after resolution of their fever (less than 100 F) without fever reducing medications.
- The Centers for Disease Control and Prevention recommends that children 9 and younger receive two doses of 2009 H1N1 vaccine, which should be separated by one month. One dose is recommended for everyone else.

### **Access Reliable Information**

<http://www.lakecountyil.gov/Health/H1N1.htm>

<http://www.flu.gov/>

<http://ready.illinois.gov>

The Health Department's H1N1 hotline number is: 847-377-8350.