



December 8, 2009  
H1N1 Call Center (630) 723-5414

### **Give the gift of health: Get a flu shot**

With the holidays fast approaching, the Kane County Health Department wants to remind residents that one of the best gifts you can give is your health. And what better way is there to protect yourself and your family against the H1N1 flu virus than by getting vaccinated? Also, now is the perfect time for college students as they return home for the holidays to schedule an appointment for their H1N1 vaccination.

“We know that the best way to protect ourselves, our family and the community as by getting vaccinated for the flu. There is an ample supply of vaccine currently in Kane County, at the Health Department and at private physician offices and clinics throughout the county,” said Paul Kuehnert, Executive Director. “We also know that the flu season will be with us for the next several months, so it is never too late to get your shot. And after vaccination, the best way to prevent the spread of the flu is to cover your cough, clean your hands often and stay home if you’re sick.”

The Health Department is still focusing on the five priority groups to receive this vaccine:

- Pregnant women
- Anyone who cares for children younger than 6 months of age.
- Young people between the age of 6 months and 24 years of age.
- Healthcare workers and emergency services personnel
- Persons aged 25--64 years who have medical conditions that put them at higher risk for influenza-related complications.

The Health Department conducted an appointment-based clinic at Elfstrom Stadium on Saturday, Dec. 5, and served 1,830 people. Many of those were children younger than 10 receiving their booster doses. The Centers for Disease Control and Prevention recommend that children 9 and younger get two doses about 30 days apart to receive full immunity to the virus.

To schedule an appointment for an H1N1 vaccination, please call the Health Department’s appointment line at (630) 723-5414.

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