

Clean - Wash your hands Cover - Cover your cough and sneeze

Contain - Contain your germs - stay home if you are sick

IMPORTANT FLU INFORMATION

Everyone in the community is encouraged to get a seasonal flu shot this year. This flu season will be unique because the seasonal flu and H1N1 flu will be circulating at the same time this year.

Getting a flu shot is the best way to protect against becoming ill with the flu. Seasonal flu vaccine will give immunity for 8-12 months from seasonal flu. Everyone, except those with contraindications, should get a seasonal influenza flu shot this year as soon as it becomes available.

Seasonal flu clinics for ADULTS ONLY have been scheduled for Friday, September 18th and Friday, September 25th from 9 am to 5 pm at the Pike County Health department at 113 E. Jefferson St. in Pittsfield. No appointment is necessary for these adult clinics. Those with Medicare or Medicaid coverage should bring their cards with them. Cost of the seasonal flu vaccine without Medicare or Medicaid coverage will be \$25.

A vaccine for H1N1 flu, which is separate from the seasonal flu vaccine, is under development. Initial shipments of H1N1 vaccine are expected to be available in mid-October. The seasonal flu vaccine is one shot for most people, but it's anticipated the H1N1 vaccine will require two shots. The H1N1 vaccine is not intended to replace the seasonal flu vaccine – it is intended to be used in addition to seasonal flu vaccine.

Unlike the seasonal flu, the H1N1 virus appears to be impacting a younger population. A panel of medical and public health experts, has recommended the following initial priority groups for H1N1 vaccination, once it becomes available:

- All pregnant women
 - Caregivers and household members of children under age 6 months of age
 - All people aged 6 months to 24 years of age
 - Adults aged 25 to 64 with underlying health conditions such as asthma and diabetes
- Health care and emergency services personnel

In addition to getting the seasonal flu shot and the H1N1 flu shot, the following practices help keep you well:

- Good hand hygiene and respiratory etiquette – practice the 3 Cs.
 - ? **Clean** – wash your hands frequently to prevent the spread of germs.
 - ? **Cover** - your cough or sneeze with your elbow or sleeve.
 - ? **Contain** – stay home if you're sick.
- Those who are sick should stay at home until at least 24 hours after they no longer have a fever of 100 degrees Fahrenheit or more (without the use of fever reducing medications).

For the most current local information regarding influenza activities and responses, area residents are encouraged to watch for Pike County Health Department announcements in Pike County newspapers and on WBBA radio, 97.5 FM.

For additional information log onto www.ready.illinois.gov.

Chocolate Mousse Minis

1 envelop unflavored gelatin
1/4 c. water
3/4 cup low-fat evaporated milk
1 large egg yolk
1/3 cup unsweetened cocoa powder
1/3 cup semi-sweet dark chocolate chips
(or 2 ounces chopped)

1/2 teaspoon vanilla extract
1/2 cup sugar substitute*
1/4 cup plus 6 tablespoons reduced-fat whipped topping,
divided
3 chocolate wafer cookies, crumbled or roughly crushed
* This recipe was tested using sucralose-based substitute.

1. Pour water over gelatin in small saucepan. Allow gelatin to bloom, about 3 minutes. Whisk in evaporated milk, egg yolk, and cocoa powder and place over medium heat. Bring to a low simmer and cook, while stirring, 2 minutes, or until mixture is smooth and slightly thickened.
2. Remove from heat and whisk in chocolate chips, vanilla and sugar substitute until smooth. Transfer to a bowl, and let cool to room temperature, stirring every 5 minutes.
3. Fold in 3/4 cup whipped topping and mix until smooth. Spoon about 1/4 cup mousse into 6 (4-ounce) dessert glasses. Cover and place in refrigerator. Chill for 1 hour.
4. To serve, top each glass with 1 tablespoon whipped topping and 1 1/2 teaspoons cookie crumbles.

Makes 6 servings.

Note: Unsweetened cocoa powder has only 12 to 15 calories and 3 grams of carbohydrate per tablespoon. It also has 2 grams of heart healthy fiber. It packs a chocolately punch without ruining your diet.

Cal: 138 Chol: 40 mg Total Fat: 7 g
Sat Fat: 3 g Sod: 58 mg Fiber: 2 g
Carb: 19 g Protein: 5 g
Exchanges/serving: 1 Starch, 1/2 Fat

**Next Diabetes Support Group Meeting is scheduled for October 1st from 4pm-5pm
at Pike County Health Department.**

The speaker will be Margaret Hanzel, pharmacist at Illini Community Hospital.

*Pike County Health Department
113 E Jefferson St
Pittsfield, IL 62363*