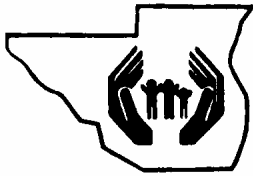


Pike County Health Department

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FOR IMMEDIATE RELEASE
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Laboratory Confirmed Case of H1N1 Influenza

Pike County Health Department (PCHD) has received notification of the first laboratory confirmed case of H1N1 influenza in a Pike County resident. According to the CDC, "Most people who get the flu (either seasonal or 2009 H1N1) will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in hospitalization."

The most effective means of preventing the spread of H1N1 influenza are to:

- 1) Practice good hygiene, such as, covering coughs, washing hands frequently and staying home when sick.
- 2) When available, receive the H1N1 flu vaccine.

Nationwide, 2009 H1N1 vaccination has begun, but initial supplies are limited. More doses are expected for shipment each week. Members of the public who want to receive this vaccine are asked to be patient as this program expands and more vaccine becomes available. There will be enough vaccine available for anyone who wishes to receive it. Certain people are at higher risk of complications due to the new H1N1 flu, so these people will be allowed to receive the new H1N1 vaccine first.

A special H1N1 flu vaccination clinic has been scheduled for Friday, October 16th from 9 am to 5 pm at Pike County Health Department (PCHD). PCHD received an initial shipment of 500 doses of H1N1 Flu Mist, the nasal spray form of the vaccine.

According to the Center for Disease Control and Prevention (CDC) and Federal Drug Administration (FDA) guidelines, H1N1 Flu Mist vaccine **can only be given to healthy, non-pregnant individuals who meet one of the following criteria:**

- 1) Those ages 2 years through 24 years old

OR

- 2) Those ages 25 through 49 years old who meet one of the following criteria:

You must be a health care worker with direct patient contact

OR

You must be a household contact or direct care giver of a child less than 6 months old (parent, sibling, day care provider)

Additional doses of the nasal spray and injectable forms of the H1N1 vaccine will be available in later shipments. Other criteria are used to establish eligibility for the injectable form of the H1N1 vaccine.

Please read Pike County newspapers and listen to WBBA radio, 97.5 FM for the most current information regarding local H1N1 vaccine clinics and other important health information.

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