



County of Sussex

DEPARTMENT OF ENVIRONMENTAL
AND PUBLIC HEALTH SERVICES
Sussex County Administrative Center
One Spring Street
Newton, New Jersey 07860
Telephone: (973) 579-0370
FAX: (973) 579-0399

HERBERT J YARDLEY, M.A., R.E.H.S
Administrator/Health Officer

Sussex County to Hold 2009 H1N1 Influenza (Swine Flu) Vaccine Clinics

The Sussex County Department of Environmental and Public Health Services has scheduled a 2009 H1N1 vaccine clinic to be held at Sussex County Community College in Newton, NJ on November 22, 2009. The clinic will be held for initial priority populations as recommended by the Centers for Disease Control and Prevention (CDC) and the New Jersey Department of Health and Senior Services (NJDHSS).

The morning session will be held from 9 a.m. - 12 p.m. and there are still **many appointment times** available. This clinic will offer **only** 2009 H1N1 nasal spray flu vaccine for the following priority groups:

1. Healthy children and young adults between the ages of 2 and 24
2. Healthy people between 25-49 years old who are
 - Healthcare/emergency medical services personnel
 - Household contacts/caregivers for children younger than 6 months of age.

The Centers for Disease Control and Prevention (CDC) recommends that children under 10 years of age receive two doses of 2009 H1N1 flu vaccine. You must allow at least 4 weeks between doses, but this is a minimum waiting period. The 2nd dose can be given any time after 4 weeks and still result in the same level of protection for your child. With just one dose, your child is partially protected against the flu, so it is recommended that your child be given the 2nd dose when it becomes available. Any child that received their first dose of the vaccine at the November 1st clinic should not attend the November 22nd clinic. Plans are being finalized for a clinic to provide children under 10 with their second dose of 2009 H1N1 flu vaccine. The information will be published to the County website at a future date.

There are currently **no appointments** available for the afternoon clinic and all time slots have been filled to capacity. The afternoon session will offer only 2009 H1N1 injectable flu vaccine for the following priority groups:

- Pregnant women
- All children and young adults from 6 months through 24 years of age
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- Persons ages 25 through 64 years who have underlying health conditions

Residents of New Jersey will be able to make their own appointment for the morning session of the November 22nd clinic by visiting Sussex County's Flu website, at www.sussex.nj.us/flu, and following the directions. You **must** make an appointment in order to attend the clinic and no walk-ins will be permitted. It is strongly recommended that you visit our website to make your appointment, but individuals without internet access can contact the Sussex County Department of Environmental and Public Health Services, at 973-579-0570, for assistance between the hours of 8:30 a.m. - 4:30 p.m.

The information for registration, directions, and required consent forms are posted on our website, at www.sussex.nj.us/flu. A confirmation page for the appointment should also be printed once the required information has been entered. Please contact your health care provider to discuss any concerns about the 2009 H1N1 Flu Vaccine.

Please note: The 2009 H1N1 nasal spray flu vaccine is **NOT** recommended for people with severe allergy to eggs, or to any other substance in the vaccine; pregnant women; children younger than 2 and adults older than 49; anyone with a weakened immune system or long-term health problem. The 2009 H1N1 injectable flu vaccine is **NOT** recommended for people with severe allergy to eggs, or to any other substance in the vaccine; anyone who has had a life-threatening allergic reaction after a dose of seasonal flu vaccine; or infants younger than 6 months of age. If you have underlying health conditions or questions about your personal health, please contact your health care provider to discuss your concerns about the 2009 H1N1 Flu Vaccine.

All residents should continue to monitor their health and observe good hygiene habits. Take these actions to help prevent the spread of germs that cause respiratory illnesses, like influenza:

- Cover your nose and mouth when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with sick people.
- Stay home if you are sick.
- Social distancing is a way to “keep our distance” from each other to reduce the spread of flu.
- Families and individuals should also take this opportunity to create, review and update their family emergency plans.