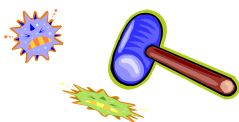


January 2010



To stay healthy this flu season remember to



WHACK the Flu!

- Wash your hands often
- Home is where you stay when you are ill
- Avoid touching your eyes, nose and mouth
- Cover you coughs and sneezes
- Keep away from others who are coughing and sneezing



The Flu and You

Stay Informed. Stay Healthy.

National Influenza Vaccination Week (01/10-01/16)

National Influenza Vaccination Week (NIVW) is January 10–16, 2010.

NIVW is a national week of observance to highlight the importance of influenza vaccination. While many people get vaccinated against seasonal flu in the fall, the peak of illness can occur into late winter and spring, so vaccination is still important.

We are at a critical moment in the fight against the 2009 H1N1 influenza. Between April and mid-November, we saw approximately 47 million cases of H1N1 flu, more than 200,000 hospitalizations, and nearly 10,000 deaths, with the vast majority of deaths occurring in children and non-elderly adults.

While we are fortunate that flu activity has declined in recent weeks, flu activity caused either by the 2009 H1N1 virus or regular seasonal flu viruses is

expected to continue for months. Flu experts warn that we should prepare for a possible third wave of H1N1 flu and the single best way to do that is to get vaccinated.

Now that more 2009 H1N1 vaccine is available and high risk groups have had the opportunity to get vaccinated, anyone 6 months or older in the general public is encouraged to get vaccinated against 2009 H1N1 flu.

Flu vaccines are safe, effective, and closely monitored for any potential side effects.

GET VACCINATED...

It's National
Influenza
Vaccination
Week

www.flu.gov



Most importantly **the flu vaccine cannot give you the flu.**

If you would like get an H1N1 vaccination, the Clermont County Health District is offering appointments and open clinics. To schedule an appointment, please contact the District Nursing Division by calling: 513-735-8400. Information on open clinics is located on the Health District website.

(Source: <http://cdc.gov/flu/NIVW/index.htm>)