

Flu Information from County Health Officer Dr. Ulder J. Tillman

The Montgomery County Department of Health and Human Services is actively working in the community to provide information and guidance about seasonal flu and about the novel H1N1 influenza virus (swine flu). We have developed a website (www.montgomerycountymd.gov/h1n1flu) that we will be updating frequently as more information becomes available.

We are working closely with the Maryland Department of Health and Mental Hygiene (DHMH) and the Centers for Disease Control (CDC) to monitor flu activity and make decisions about the best steps to take concerning schools.

We are recommending that EVERYONE get vaccinated this year against the seasonal flu and get vaccinated early. Seasonal flu vaccine is not the vaccine for H1N1 (swine flu) and will protect only against seasonal flu. **Information about the H1N1 vaccine and the availability of community vaccination sites will be available later in the fall.**

The Centers for Disease Control encourages all children and adults to get the seasonal flu vaccine. Because children get and spread flu, vaccination of children helps protect family members and others in the community.

Seasonal Flu Clinic Resources

- Your private health care provider is a resource for seasonal flu vaccine.
- Montgomery County Health and Human Services will conduct seasonal flu clinics on:

October 31, 2009
10 a.m. – 2 p.m.
Silver Spring Health Center
8630 Fenton Street, 10th floor
Silver Spring, MD

November 5, 2009
8:30 a.m.– 12 noon
Germantown Recreation Center
18905 Kingsview Road
Germantown, MD

November 12, 2009
4- 7 pm
University of Maryland Shady Grove
9630 Gudelsky Drive, Building II
Rockville, MD

- Maxim Healthcare Services offers Seasonal Flu Vaccine at locations in Montgomery County. To find the nearest vaccination site go to www.findaflushot.com
- Passport Health provides vaccinations for children and adults 6 months of age and older. Contact Passport at 301-408-4544 or go to www.passporthealthmetro.com.
- Adventist Healthcare provides vaccinations for adults 18 years of age and older. Call 301-315-3800 for more information

Resources for Schools and Businesses

- MedStar (Visiting Nurses Association) provides flu vaccination clinics for schools and businesses. They will vaccinate children if a parent accompanies them. Call 240-965-2972 or go to www.medstarhealthvna.org.
- Vax America provides vaccination clinics for groups of 50 or more individuals. Call 1-888-444-8522 x2215 for more information.
- Flu Busters provides vaccination clinics for businesses and schools. Call 1-866-358-2878 for more information.

Please keep in mind these general precautions for preventing flu and staying healthy—

- **Teach children good hand hygiene etiquette.** Hands should be washed frequently with soap and water, and hand washing should last for at least 20 seconds. You can set a good example by doing this yourself. If hands are not visibly soiled, hand sanitizers containing at least 60 percent alcohol are also effective
- **Teach children to cover their coughs and sneezes with tissues.** Be sure to throw tissues in waste receptacles after each use. Wash hands as soon as possible. Cover coughs and sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable. Teach children not to share personal items such as drinks, food or unwashed utensils.
- **Learn the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired.
- **Keep sick children at home.** Any child who is determined to be sick should be sent home. It is important to keep sick children at home for at least 24 hours AFTER they no longer have fever or do not have signs of fever, without the use of fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Plan for your children's care if you or your children become ill with the flu and need to stay home.** Talk to other family members, friends or neighbors about helping with sick children's care or possibly sharing care when several children are ill .

- **Stay informed.** For updated information on flu in our community, visit www.montgomerycountymd.gov/h1n1flu frequently.

For downloadable posters and brochures about hand washing and covering coughs, go to <http://www.cdc.gov/germstopper/materials.htm>.

For more information, call Mary Anderson at 240-777-6534.