



Press Release

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Always working for a safer and healthier community.

Websites:

Benton-Franklin Health District
www.bfhd.wa.gov

Washington Department of Health
www.doh.wa.gov/h1n1

Centers for Disease Control
www.cdc.gov/h1n1flu
or
www.flu.gov

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New Charts Show Vaccine Availability at BFHD

Kennewick – October 15, 2009

BEAT the **Flu** BUG



Get your **Flu shot!**
¡Póngase su vacuna contra la gripe!

Find out what type of flu vaccine is available for which ages by checking the new “Beat the Flu Bug” Chart at the Benton-Franklin Health District offices or on the website at www.bfhd.wa.gov. Seasonal vaccine and H1N1 vaccine will be listed based on the type of vaccine, whether it is a shot or nasal spray, and for what ages it can be used.

“Our supply of seasonal flu vaccine is extremely limited right now, and what we have changes rapidly. Soon we will be receiving different amounts of H1N1 vaccine also,” said Heather Hill, Communicable Disease Programs Supervisor. “We hope that posting the information at the Health District Offices and on the web site will help people find the vaccine they and their families need.”

The supply of seasonal flu vaccine is limited because manufacturers are focusing on the production of the H1N1 flu vaccine. More is expected to arrive at the Health District over the next several months. H1N1 vaccine is also expected to begin arriving soon for the public. H1N1 vaccine first doses have arrived, and are being sent to local hospitals for healthcare providers in acute care settings.

To find out what type of vaccine is available at the Benton-Franklin Health District, check out the website at www.bfhd.wa.gov/flu. If the type you need is available, make an appointment for flu vaccination by calling 509-460-4200.

The Benton-Franklin Health District is working with local providers and hospitals to assure the H1N1 vaccine is available to the community. As the vaccine is produced and distributed, it will be available through a wide variety of local providers over the next few months. **This is a separate vaccination, and will not protect against the seasonal flu.**

- To prevent the flu, and other illnesses, remember to wash your hands, cover your cough, and stay home when you are sick. If your symptoms get worse, call your healthcare provider.
- If you are sick stay home, drink plenty of fluids, and take non-aspirin fever reducing medication if you have a fever. Expect to be ill for about a week, and stay home until 24 hours after you have had no fever (without medication). Call your healthcare provider if your symptoms get worse.