

Seasonal Influenza Vaccine

This is not the Swine Flu vaccine (also called novel H1N1, or pandemic flu vaccine). This is the usual flu vaccine that we encourage you to get in the fall of each year

Our supply of injectable vaccine for persons over age 3 is out and the rest of our order is on backorder – we are uncertain exactly when it will come in but when it does we will post a notice on this webpage.

This will still be timely for having the vaccination as there is no seasonal flu circulating in our area at the present time.

We do have a few doses of injectable vaccine for children 3 years old and younger. Please call the office to schedule one. And we do have a few doses of the nasal spray vaccine called flu mist. This nasal spray can be given to people age 2 through 49. Flu mist is not recommended if you have asthma or certain other chronic diseases.

Please call if you would like the vaccines listed above and we will verify if you qualify.

Simply call 844 8181 between 8 30 am and 5 pm M-F or 9 am to 12 noon on Saturdays.

Regarding Pandemic Flu Vaccine (Swine Flu) - Read the other web page on “Pandemic Flu Vaccine” that we have created to find out about availability and how the vaccine will be given and who especially should get it early.

Vaccine may also be available from your county health department. The county health departments may be holding vaccine clinics – they are an additional place you can be vaccinated. Watch for ads in the paper, access their webpage, or call the health department in your county.

For Tompkins County - Go to <http://www.tompkins-co.org/health/h1n1/index.htm>

For Cortland County go to: http://cchd.cortland-co.org/index.php?option=com_content&task=section&id=23&Itemid=240

For Tioga County go to: <http://www.tiogacountyny.com/>

and click on links for updates on when and where your Health Department is giving flu vaccine.

Read below for more information on Seasonal Influenza from the CDC:

Overview

Every year in the United States, on average 5% to 20% of the population gets the seasonal flu; more than 200,000 people are hospitalized from seasonal flu complications, and; about 36,000 people

die from flu-related causes. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting a flu **vaccination** each year.

Who should get vaccinated this season?

In general, **anyone** who wants to reduce their chances of getting the flu can get vaccinated. However, it is recommended by CDC and the Advisory Committee on Immunization Practices (ACIP) that **certain people should especially get vaccinated** each year. Most of these people are recommended for vaccination because they are at higher risk of having serious flu complications or they live with or care for people at high risk for serious complications

People recommended for seasonal influenza vaccination during the 2009-10 season remain the same as the previous season:

- Children aged 6 months up to their 19th birthday

- Pregnant women

- People 50 years of age and older

- People of any age with certain chronic medical conditions

- People who live in nursing homes and other long-term care facilities

- People who live with or care for those at high risk for complications from flu, including:

 - Health care workers

 - Household contacts of persons at high risk for complications from the flu

Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

If you have the following history you may not be able to receive a vaccine – get our advice in that case. People with anaphylactic reactions to eggs or people who previously have had Guillain-Barre syndrome (GBS) associated with influenza vaccination.

For even more information go to: <http://www.flu.gov/seasonalflu/index.html>