



Charlie Crist
Governor

Ana M. Viamonte Ros, M.D., M.P.H.
State Surgeon General

FOR IMMEDIATE RELEASE
January 22, 2010

Contact: Noreen Nickola-Williams
(904) 825-5055 x 1123

NEWS RELEASE

**H1N1 SWINE FLU SAFETY MESSAGE
FROM ST. JOHN'S COUNTY HEALTH DEPARTMENT**

ST. AUGUSTINE, FLORIDA – Florida Department of Health/St. Johns County Health Department continues to monitor the current flu situation in our community and, as always, will continue to follow the guidance provided by the Centers for Disease Control and Prevention (CDC).

Fighting H1N1 swine flu is a three-step approach: (1) get vaccinated, (2) practice everyday prevention (including frequent hand washing, covering coughs and sneezes, and staying home when sick), and (3) use antiviral drugs correctly, if your health professional recommends them.

According to the CDC, children and young adults, especially those in school or attending college, are at greatest risk for H1N1 swine flu. People 25 to 64 years of age with underlying health conditions (asthma, diabetes, etc.) are also at high risk for complications resulting from this influenza. Caregivers of very young children are also encouraged to get vaccinated to prevent transmission of this flu virus to at-risk groups.

The Department of Health/St. Johns County Health Department recommends anyone within the priority groups to get vaccinated, even if they believe they have already contracted H1N1 swine influenza. Unless a person has had a laboratory confirmed case of this illness, they can not be certain they have contracted it.

By protecting yourself and your family, you will help prevent the spread of the flu. Vaccination remains our best protection against the flu. Many people who have waited for the 2009 H1N1 vaccine no longer need to wait.

If you have questions or concerns about the H1N1 swine flu vaccine, contact your primary care provider.

Vaccinations for the H1N1 swine flu are available for free at the St. Johns County Health Department. For information on ongoing or upcoming clinic events, please call 904-825-5055 or visit the St. Johns County Health Department website (www.StJohnsCHD.org).

###

Our Mission: *Promote, protect and improve the health of all people in Florida.*

Our Vision: *A healthier future for the people of Florida.*

Our Values: *- Integrity; Commitment to Service; Respect; Excellence; Accountability; Teamwork; Empowerment –*



St. Johns County Health Department
1955 US 1 South, Suite 100 • St. Augustine, FL 32086
Phone: (904) 825-5055
www.StJohnsCHD.org



Public Health
Prevent. Promote. Protect.