

CAPE BRETON DISTRICT HEALTH AUTHORITY

For immediate release:
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Public Health Services Announces H1N1 Flu Vaccine Clinics for District

Public Health Services will hold H1N1 Flu Vaccine Clinics in locations throughout the Cape Breton District Health Authority starting on **Wednesday Oct. 28 in Baddeck.**

“H1N1 flu is here and it can make people very sick,” says Dr. Shelly Sarwal, the District’ Medical Officer of Health. “During the outbreak in the spring, some people even died from it,” “I cannot stress enough how important it is to get this vaccine because it can protect you, your family and friends from H1N1 flu.”

Public Health officials recommend that all Nova Scotians get the free H1N1 vaccine. People 10 years of age and older should get one dose of the adjuvanted vaccine. Children under 10 years of age will need to get two doses, a minimum of three weeks apart. At this point, the vaccine for pregnant women will be available in mid-November. Officials recommend that if H1N1 flu rates are high or increasing in the community, women more than 20 weeks pregnant can get adjuvanted vaccine.

“H1N1 flu is a pandemic and has the potential to affect everybody, especially young healthy people,” says Dr. Sarwal. “This flu doesn’t care how old you are, where you live or how healthy you are. That’s why people need to do what they can to protect their loved ones and themselves. Get vaccinated. Wash your hands. Cover your coughs and sneezes. Prevention is key.”

In addition to the H1N1 Vaccine, people in high risk groups can also get their seasonal flu shot during these clinics. Earlier this month, Public Health Services vaccinated people age 65 years and older at clinics across the District.

For healthcare workers in District facilities, Occupational Health will be offering both the H1N1 vaccine and the regular seasonal flu vaccine starting on **Wednesday, Oct. 28.** Staff will be advised in the coming days where and when they can get the vaccine.

The schedule for the H1N1 flu clinics will be advertised in local media and posted on both the Public Health Services’ website at www.publichealth.ns.ca and the District’s website www.cbdha.nshealth.ca People can also call their local Public Health office or **Healthlink 811** for the clinic schedules.

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The schedule for the public H1N1 vaccine clinics is attached with this news release. Information on H1N1 and seasonal flu are also attached

Media Contacts:

Greg Boone, Director, Public Affairs
567-7791/567-9377 (pager)

Lynn Gilbert, Assistant, Public Affairs
567-7760/567-9940 (pager)

Erin Pyke, Public Health Services, 563-2409

HIGH RISK GROUPS for H1N1 & SEASONAL FLU

Who should get the H1N1 Flu Vaccine (High Risk Groups)

The H1N1 vaccine is recommended for EVERYONE but particularly for the following high risk groups:

- people younger than 65 with chronic health conditions
- pregnant women
- healthy children between six months and 5 (five) years of age
- health care workers
- household contacts and care providers of infants less than six months old
- people who have weakened immune systems.

Who should get the Seasonal Flu Vaccine (High Risk Groups)

The seasonal flu vaccine is recommended for the following high risk groups:

- people over age 65
- babies age 6 to 23 months
- adults and children with chronic heart and lung problems and other chronic diseases
- anyone living in the same household as people over 65 or people with chronic illnesses
- all health-care workers and students in health-care educational programs
- police officers and firefighters
- people living in a home where a newborn is expected during the regular influenza season (November – April)
- anyone who lives with or cares for children less than 24 months of age.

Public Health Services -H1N1 Flu Clinic Schedules 2009

Cape Breton County		
Date	Time	Location
Friday, Oct. 30	11 a.m.— 7 p.m.	Sydney, Membertou Trade & Convention Centre
Monday, Nov. 2	11 a.m.— 7 p.m.	Sydney, Membertou Trade & Convention Centre
Tuesday, Nov. 3	11 a.m.— 7 p.m.	Glace Bay, St. Anne's Hall
Wednesday, Nov. 4	11 a.m.— 7 p.m.	New Waterford, New Waterford Fire Station
Thursday, Nov. 5	11 a.m.— 7 p.m.	North Sydney, Cape Breton Exhibition
Friday, Nov. 6	11 a.m.— 7 p.m.	Cape Breton University, Multipurpose Room (Great Hall)
Monday, Nov. 9	11 a.m.— 7 p.m.	Sydney, Membertou Trade & Convention Centre
Tuesday, Nov 10	11 a.m.— 7 p.m.	Sydney Mines, Sydney Mines Fireman's Club
Thursday, Nov. 12	11 a.m.— 7 p.m.	Glace Bay, St. Anne's Hall
Friday, Nov. 13	11 a.m.— 7 p.m.	New Waterford, New Waterford Fire Station

Victoria County		
Date	Time	Location
Wednesday, Oct. 28	12 noon—6 p.m.	Baddeck, Masonic Hall
Monday, Nov. 2	12 noon—6 p.m.	Bay St. Lawrence, Community Centre
Thursday, Nov. 5	12 noon—6 p.m.	Baddeck, Inverary Inn
Monday, Nov. 9	12 noon—6 p.m.	Ingonish Beach, St. Peter's Parish Hall
Tuesday, Nov. 10	12 noon—6 p.m.	Baddeck, Inverary Inn

Inverness County		
Date	Time	Location
Monday, Nov. 2	12 noon—6 p.m.	Whycocomagh, Cameron Hall
Tuesday, Nov. 3	12 noon—6 p.m.	Cheticamp, Acadian Centre
Wednesday, Nov. 4	12 noon—6 p.m.	Inverness, Inverness Fire Hall
Friday, Nov. 6	12 noon—6 p.m.	Inverness, Inverness Fire Hall
Thursday, Nov. 12	12 noon—6 p.m.	Cheticamp, Acadian Centre
Friday, Nov. 13	12 noon—6 p.m.	Mabou, St. Mary's Parish Hall
Tuesday, Nov. 17	12 noon—6 p.m.	Whycocomagh, Cameron Hall