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**Livingston County  
Health Center**

# **Not Too Late to Get Vaccinated Against H1N1**

## **Health Center Seeing Rise in Surveillance Numbers of Flu-Like Illness in Past Month**

**February 11th, 2010:** The Livingston County Health Center, local doctor's offices, and pharmacies have been able to provide many H1N1 vaccinations to county residents in the past several months, but are encouraging those who haven't been vaccinated to do so now.

Less than ten percent of Livingston County residents have been vaccinated so far. The more residents vaccinated, the more protection provided for those who aren't able to be vaccinated, like infants under 6 months of age.

The H1N1 virus is still present in our area because cases of influenza throughout Missouri and Kansas continue to be reported, and local disease surveillance numbers show an increase in flu like illness. Our county is currently seeing an increase in the number of cases of flu-like illness at local schools, nursing homes and other health care sites, so, it is still extremely important that as many people as possible get an H1N1 shot. It is not unusual for a pandemic to occur in three waves. Historically the months of January, February and March are the peak season for influenza.

A combination of good hygiene practices such as handwashing and vaccination is still the best defense for avoiding the flu.

Any Missouri resident can go to the health center located at 800 Adam Drive in Chillicothe Monday through Friday for a free H1N1 shot. Call 646-5506 before you come out, to make sure a nurse is available.

The Health Center has also been giving shots at various locations in the county this flu season. Coming up this Tuesday, February 16<sup>th</sup>, our nurses will be at Southwest School giving immunizations from 5-7 p.m. during the Wildcats basketball game.

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**For Immediate Release**