

Flu Shot Clinics Scheduled for Capitol Complex Cancelled

In the regular October 2004 edition of *Stateline*, we advised you of the dates and times for flu shot clinics at the Capitol Complex. This information was published and distributed prior to the announcement

regarding the vaccine shortage. Consequently, because there is not enough vaccine available, the previously scheduled clinics are cancelled.

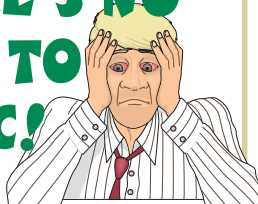
Following is edited text of an e-mail received by our nurse at the Capitol Complex, Marsha Francis:

It is with regret that I inform all employees that nearly half of the nation's flu vaccine will not be available due to the British government suspending the license at a factory in Liverpool. Therefore, the flu vaccine clinics scheduled for November 9th and 10th at the Capitol Complex have been cancelled.

The Department of Health and Human Services has urged all medical facilities to ensure that the remaining scarce supply be used for those at greatest risk – primarily adults age 65 and older, and infants 6-23 months old. You may refer to the Centers for Disease Control (CDC) website for further information at www.cdc.gov/flu/protect/whoshouldget.htm. (Editor's note: For general flu information, visit www.cdc.gov/flu/)

Local news media (radio, television, newspapers, etc.) have announced that additional doses may become available at a later date. You are advised to monitor these media sources as they are your best avenues for up-to-date information regarding the availability of flu shots in your area.

THERE'S NO NEED TO PANIC!



Prevention can go a *longggggg* way in keeping everyone healthy. Since many serious respiratory illnesses (not just influenza) are passed along by coughing, sneezing, and unclean hands, the best way to stop the spread is to exercise good personal health/hygiene habits.

- ✍ Cover your mouth and nose with a tissue if you cough or sneeze. If a tissue isn't available, cough or sneeze into your upper sleeve, not in your hands.
- ✍ Throw away the used tissue immediately.
- ✍ Use an alcohol-based hand gel after touching objects that could be infected like door knobs, items in a store, etc.
- ✍ Avoid crowded areas whenever possible.
- ✍ Wash your hands often and thoroughly with soap and very warm water. How long is thorough? About 15-20 seconds - or long enough to sing the Happy Birthday song through twice.

IS IT A COLD OR THE FLU?

SIGNS & SYMPTOMS

COLD

INFLUENZA (FLU)

| | | |
|------------------------|------------------|-------------------------------------------|
| Onset | Gradual | Sudden |
| Fever | Rare | Characteristic (101°F+); lasting 3-4 days |
| Cough | Hacking | Dry; can become severe |
| Headache | Rare | Prominent |
| Muscle aches/pains | Slight | Usual; often severe |
| Tiredness and weakness | Very mild | Can last 2-3 weeks |
| Extreme exhaustion | Never | Early; prominent |
| Chest Discomfort | Mild to moderate | Common |
| Stuffy Nose | Common | Sometimes |
| Sneezing | Usual | Sometimes |
| Sore Throat | Common | Sometimes |

Repeated from the December 2003 issue of Stateline



WHAT TO DO IF YOU SUSPECT THE FLU ... there are several helpful medications, such as Tamiflu, that can be prescribed by a physician to help reduce the severity of the flu. It must be administered within the first 2 days of symptoms appearing, so call your doctor as soon as you suspect the onset of flu.

ANOTHER FLU INFO RESOURCE: www.wvdhhr.org/immunizations/influenza.asp