

Stateline

A Newsletter For West Virginia State Government Employees

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Capitol Complex Flu Shot Clinics Set for Nov. 15, 16

The Kanawha-Charleston Health Department (KCHD) will conduct Flu Vaccine Clinics at the Capitol Complex on Tuesday, November 15 and Wednesday, November 16 (see schedule below).

The cost of the injection is based on a sliding scale according to income. To speed along the process, participants who can do so are asked to photocopy the front and back of their insurance cards for processing. An authorization form is also required and is available from the KCHD online. The form can be printed and completed ahead of time to further expedite the process. A few copies are available in the Capitol Dispensary.

You can access the authorization form at: www.kanawha-charlestonhealth.org, then click as follows:

flu information

2005 flu shots

flu shot clinics

flu shot paperwork

The pneumonia vaccine will also be available. According to the KCHD, **the Centers for Disease Control currently recommends for the general population two pneumonia immunizations: one between ages 1-64 years; then one additional immunization at some point from age 65 years and over.** If you are pregnant, in a high-risk category, or have a chronic health condition, check with your physician or medical practitioner for the appropriate course of action.

For more, contact the KCHD (348-8080 or kanawhalhd@wvdhhr.org) or Capitol Nurse Marsha Booth (558-3663 or mfrancis@state.wv.us).

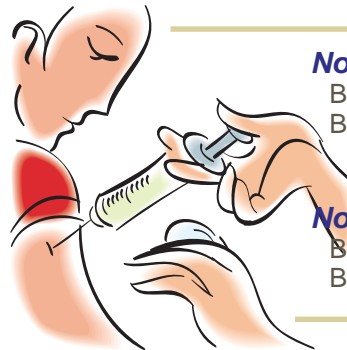
THERE'S NO NEED TO PANIC!



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.

Capitol Complex Flu Shot Clinics



November 15

Building 4 9 A.M. to Noon
Building 1 1 P.M. to 3 P.M.

November 16

Building 3 9 A.M. to Noon
Building 5 1 P.M. to 3 P.M.

IS IT A COLD OR THE FLU?

SIGNS & SYMPTOMS COLD INFLUENZA (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

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