



Dutchess County Department of Health News Release

Michael C. Caldwell, MD, MPH
Commissioner of Health



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County Executive

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H1N1 Vaccination Clinic this Saturday in Pine Plains

H1N1 Vaccination now available to all residents

The Dutchess County Department of Health will hold a free H1N1 vaccination clinic on Saturday, December 19th at **Stissing Mountain High School** at 2829 Church Street in Pine Plains from 10am to 2pm **by appointment only**. Residents six months of age and older may receive vaccination at this clinic.

Appointments for Saturday's H1N1 vaccination clinic can be made by visiting www.dutchessny.gov, and click on the "What to do about the Flu" button. Residents who do not have access to the Internet can contact the H1N1 Flu Vaccination Registrar at (845) 486-2226 Tuesday through Thursday from 9am to 5pm and Friday 9am to 4pm. Registration will close at 4pm on Friday, December 18th or sooner if all available appointments are filled.

"Getting the H1N1 vaccine is one of the most important steps individuals can take to protect themselves this winter," said Dutchess County Commissioner of Health Michael C. Caldwell, MD, MPH. 2009 H1N1 vaccine is now available to everyone and it is especially important for residents who are pregnant, those that live with or take care of anyone less than six months of age, or individuals who are less than 24 years of age.

Individuals with a severe allergy to eggs or who have had Guillain-Barre Syndrome cannot be vaccinated. Also, individuals with acute febrile illness (fever) on the day of the clinic cannot be vaccinated.

Dr. Caldwell reminds all residents to take everyday steps that can help prevent the spread of germs that cause respiratory illnesses like the flu including:

- Cough or sneeze into a tissue or the crook of your elbow, not your hands. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. Use an alcohol-based hand sanitizer if you're not near a sink.
- Keep your hands away from your eyes, nose and mouth. Flu spreads that way.
- Try to avoid close contact with sick people.
- Stay home when you are sick, and do not return to school or work until you have been fever-free without medication for at least 24 hours.

Dutchess County Department of Health will announce additional 2009 H1N1 vaccination clinics pending availability of the vaccine.

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Dutchess County Department of Health

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