



COUNTY OF SAN DIEGO NEWS ADVISORY

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PREPARING FOR THE FLU—TIMES TWO *Officials Announce Distribution Plans for Seasonal and H1N1 Flu Vaccines*

- WHAT:** County health officials and local medical providers will participate in a Flu Kick Off event to encourage the public to prepare for seasonal and H1N1 flu, announce plans for distribution of seasonal and H1N1 flu vaccines, and offer tips on how people can protect themselves against both types of influenza.
- At the Flu Kick Off event, seasonal flu vaccine will be provided for adults 18 years or older at no cost.
- WHO:** **Supervisor Ron Roberts**, District 4, County of San Diego Board of Supervisors
Dean Sidelinger, M.D., M.S. Ed., Deputy Public Health Officer, County Health and Human Services Agency (HHS)A)
Syvera Hardy, R.N., Nurse, San Diego Black Nurses Association
Josef B. Zwass, MD, FAAP, Pediatrician, Kaiser Permanente
William P. Hitchcock, M.D., Pediatrician, La Jolla Pediatrics
Mark Sawyer, M.D., Medical Director, San Diego Immunization Partnership (and San Diego Immunization Coalition member)
- WHEN:** **Friday, September 25, 2009 at 10:00 a.m.**
- WHERE:** **Martin Luther King, Jr. Recreation Center**
6401 Skyline Drive
- WHY:** The seasonal flu contributes to the death of about 36,000 individuals nationwide every year. During 2008-2009 flu season, there were two flu-related deaths in San Diego County; nine deaths were reported the year before. The highest number of flu-related deaths occurred in 2003-2004 when 22 deaths were reported locally. To date, there have been 22 H1N1 flu-related deaths in San Diego County.
- The single most important action to protect against seasonal and H1N1 influenza is to get vaccinated. The seasonal flu vaccine is now available at some locations in San Diego County. The H1N1 vaccine is expected to be available in mid-to-late October.
- Other precautions people should take include washing hands thoroughly and often or using hand sanitizers; staying away from sick people; avoiding touching eyes, nose, and mouth; and routinely cleaning commonly touched surfaces.
- For more information about seasonal flu, visit www.sdiz.org or call 211 San Diego. For the latest info on H1N1 influenza, visit www.sdcounty.ca.gov or www.cdc.gov or call 2-1-1 San Diego.
- VISUALS:** Speakers and about 300 people 18 and older getting seasonal flu shot. Graph showing ages of H1N1-related deaths and hospitalizations. Cover your cough posters. List of high-risk populations for both types of influenza.

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