FLU RECOMMENDATIONS CHANGE
Will You Need More Than One Vaccine This Season?

WHAT: Local health officials will announce new vaccine recommendations and discuss whether H1N1 is expected to return this flu season at the annual Flu Kick-Off event.

Officials will also announce where flu vaccine will be available and what people can do to protect themselves against the different flu viruses expected this year.

At the Flu Kick-Off event, sponsored by the San Diego Black Nurses Association, flu vaccine will be provided to adults 18 years or older at no cost.

WHO: Supervisor Ron Roberts, District 4, County of San Diego Board of Supervisors
Wilma Wooten, M.D., M.P.H., Public Health Officer, County Health and Human Services Agency
Mark Sawyer, M.D., Medical Director, San Diego Immunization Partnership (and San Diego Immunization Coalition member)
Syvera Hardy, R.N., Nurse, San Diego Black Nurses Association

WHEN: Friday, September 24, 2009 at 10:00 a.m.

WHERE: Martin Luther King, Jr. Recreation Center
6401 Skyline Drive

WHY: Since H1N1 influenza was discovered in San Diego County last year, there have been 57 H1N1-related deaths in San Diego County. Additionally, more than 900 people were hospitalized due to complications from H1N1.

Annually, influenza contributes to the death of about 36,000 individuals nationwide. During the 2008-2009 flu season, there were two flu-related deaths in San Diego County. Nine deaths were reported the year before. Prior to last year, the highest number of flu-related deaths occurred in 2003-2004 when 22 deaths were reported locally.

Getting vaccinated is the single most important action people can take to protect themselves from the flu. Other precautions people should take include: washing their hands thoroughly and often or using hand sanitizers; staying away from sick people; avoiding touching their eyes, nose, and mouth; and routinely cleaning commonly touched surfaces.

For more information about influenza, visit www.sdiz.org or call 2-1-1 San Diego.

VISUALS: Speakers and people getting flu shot. Cover your cough and vaccine recommendation posters.

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