



# Dutchess County Department of Health News Release

Michael C. Caldwell, MD, MPH  
Commissioner of Health



William R. Steinhaus  
County Executive

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**For Further Information Contact:**

Michael C. Caldwell, MD, MPH, Commissioner of Health at 845.486.3432

## ***Second H1N1 Vaccination Clinic this Saturday in LaGrange***

### *County's first H1N1 Vaccination Clinic Very Successful*

**Poughkeepsie . . .** The Dutchess County Department of Health will hold its second free H1N1 vaccination clinic on Saturday, December 12<sup>th</sup> at Vail Farm Elementary School at 1659 East Noxon Road in the Town of LaGrange from 10am to 2pm **by appointment only**. Vaccinations will be available to individuals in the Centers for Disease Control and Prevention's (CDC) recommended priority groups.

"Our first H1N1 vaccination clinic, held last week at John Jay High School, was very successful with nearly 1,000 residents being vaccinated," said Dutchess County Commissioner of Health Michael C. Caldwell, MD, MPH. "We used our online registration system and our call center to register individuals for a vaccination clinic, which helped ensure a smooth operation throughout the day."

Appointments for this Saturday's H1N1 vaccination clinic can be made by visiting [www.dutchessny.gov](http://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 for this clinic at 4pm on Friday, December 11<sup>th</sup> 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 Caldwell. "2009 H1N1 flu vaccine has become more readily available in the past few weeks, with even more vaccine to become available in the next month. Eventually everyone will be able to get the vaccination. This Saturday's clinic is for those residents in the CDC priority groups who have not yet been able to get their H1N1 vaccination from their doctor."

Dutchess County residents who are in one or more of the following CDC-recommended priority groups are eligible for the H1N1 vaccine at this FREE clinic:

- Pregnant women
- Persons aged 6 months to 24 years of age
- Persons over age 24 who live with or provide care for infants less than 6 months of age
- Health-care and emergency medical personnel
- Persons aged 25 to 64 years who have medical conditions that put them at higher risk for influenza-related complications, such as: chronic lung, heart (except high blood pressure), kidney, liver, blood, or metabolic disorders; nerve and muscle system disorders that affect breathing or that can increase risk for choking; immune-suppressed conditions; or long-term aspirin therapy.

(More)

**Dutchess County Department of Health**

387 Main Street, Poughkeepsie NY 12601 • (845) 486-3400 • Fax (845) 486-3447 • TTY (845) 486-3417

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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