



Seasonal Flu and H1N1 Vaccine Update

Last update: November 20, 2009

The following information is also available on the Billings Clinic H1N1 Influenza Hotline at 406-238-2680.

RiverStone Health, Billings Clinic, and St. Vincent Healthcare will again host a walk-in clinic to be held at 1:00 pm, Monday, November 23, at the Shrine Auditorium, 1125 Broadwater Avenue. Prior to the walk-in clinic opening, medical personnel will be assisting people waiting in line to confirm that they are a member of the priority tier and determine which form of the H1N1 vaccine is appropriate for each individual.

Because vaccine is being distributed on a first-come, first-served basis, people seeking a vaccine must be in line to receive medical assistance.

H1N1 vaccine is ***only*** being administered to individuals in priority tiers as recommended by the Advisory Committee on Immunization Practices (ACIP):

- pregnant women,
- persons who live with or provide care for infants aged less than 6 months (e.g., parents, siblings, and daycare providers),
- health-care and emergency medical services personnel,
- children and young adults aged 6 months–24 years, and
- persons aged 25–64 years who have chronic medical conditions that put them at higher risk for influenza-related complications.

The Centers for Disease Control and Prevention indicate that you should immediately seek medical care if you or someone at home experiences any of the following:

- difficulty breathing or chest pain
- purple or blue discoloration of the lips
- vomiting and unable to keep liquids down
- signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- seizures (for example, uncontrolled convulsions)
- or is less responsive than normal or becomes confused

CDC also recommends that you should keep away from others as much as possible and to stay home for at least 24 hours after the fever is gone without the use of fever-reducing medicine. The exception is to seek medical care.

As vaccine continues to be limited in our community, your best defense is to take preventative measures to avoid becoming ill:

- Wash hands often with soap and warm water while singing “Happy Birthday” twice. Alcohol based hand antiseptics with at least 60% alcohol are also effective.
- Cover your mouth and nose with your sleeve or a tissue when coughing or sneezing. Throw the tissue in the trash after you use it and then wash or disinfect your hands.
- Stay home if you are sick - except to seek medical care.
- Avoid touching your eyes, nose or mouth

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