



Mendocino County Health and Human Services Agency

Healthy People, Healthy Communities

Press Release

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**Adult and Older Adult
System of Care**

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FOR IMMEDIATE RELEASE

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FREE H1N1 VACCINATION CLINICS OPEN TO EVERYONE

Ukiah – The traditional flu season is just beginning and typically lasts until May. “With H1N1 flu declining in Mendocino County, we have a window of opportunity to help prevent the H1N1 flu from spreading further and causing more illness, hospitalization, and death in our community,” stated Public Health Officer, Dr. Marvin Trotter. “We now have enough vaccine to open clinics to everyone who wants one, free of charge.”

The H1N1 flu vaccine is safe, effective, and the best way to protect yourself and your family from the H1N1 flu. The H1N1 vaccine is made the same way the seasonal flu vaccines are made every year. Extensive testing and monitoring have shown that the vaccine is not only safe, but also an excellent match for the H1N1 flu virus. “And remember that when you get vaccinated, you don’t just help yourself, you help your community by preventing the spread of the flu virus. If enough people in our community get vaccinated, we could lessen the impact of, or perhaps even prevent, another wave of H1N1 flu in Mendocino County,” Trotter added.

There are a large number of FluMist H1N1 vaccine doses available for anyone age 2 to 49 years who is healthy with no underlying medical conditions. It is a live vaccine that is much weakened, so cannot cause the flu and gives even better immunity. It has no preservatives. “We would like to administer the mist as soon as possible,” commented Gloria Gutfeld, Director of Nursing.

The FluMist H1N1 vaccine is flavor free and painless. It is given as a gentle nasal mist into each nostril. "The mist only has to coat the membrane. It doesn't have to be vigorously inhaled," stated Public Health Nurse Susan Minyard, as she administered a dose to 20 year old Elley Cannon (pictured). Elley is a 2007 graduate of Ukiah High School, home visiting while on college break. "I didn't feel anything; it was just a little cold. That was simple." Anyone may request the FluMist instead of the traditional injection.

Mendocino County Community Health Services will hold three H1N1 vaccination clinics in January:

Ukiah-Friday, January 15th

3:30 p.m. to 7:00 p.m.

Redwood Empire Fairgrounds, 1055 N. State Street

Fort Bragg-Saturday, January 23rd

11:00 a.m. to 3:00 p.m.

Redwood Elementary School, 324 South Lincoln Street

Willits-Sunday, January 31st

11:00 a.m. to 3:00 p.m.

Baechtel Grove Middle School, 1150 Magnolia Street

No appointment is required and there is no charge. The clinics are open to anyone over six months of age.

For more information on H1N1, please visit the CHS website at www.co.mendocino.ca.us/hhsa/chs or call the H1N1 Hot Line at 707-472-2600, ext. 7.

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