

News Release #2

Novel Influenza (H1N1) update.

Tama County is seeing the H1N1 flu in our county. To date there have been several cases confirmed by University Hygienic Laboratory in Traer and Tama-Toledo.

Tama County Public Health is expected to receive a limited supply of H1N1 flu vaccine by mid October.

The state has set very strict guidelines for dispensing this vaccine. Tama County Public Health will be holding several community vaccination clinics as vaccine becomes available. Dates and locations will be published in the newspaper or posted on the web.

The vaccine will be dispensed on a tiered basis. Priority for vaccination of the most at risk population has been set by the Center for Disease Control. In order to comply with the states recommendations and requirements Tama County Public Health will be the only agency giving vaccinations. You **will not** be able to get the H1N1 influenza vaccination from your local physician if you doctor in Tama County.

Every county is receiving vaccine according to their population. We are expected to receive only 7000 doses and Tama County has a population of 17.800 people. If you work in a neighboring county you may not be able to receive the vaccination in that county, they will probably refer you back to Tama County.

Due to the fact that this virus is highly contagious and possible of causing severe illness we highly recommend that you consider being vaccinated if you are in risk category as described below.

If you become ill with symptoms of the flu the Center for Disease Control is requesting that you STAY HOME until you are fever free without medication for 24 hrs. Do seek medical care if:

- You have an increase in respiratory distress, poor fluid intake, fever, lethargy or irritability.
- Pain or pressure in chest or abdomen
- Confusion
- Sudden dizziness
- Persistent, prolonged vomiting.

You can call Tama County Pulbic Health H1N1 information line at 641-484-3026 (automated number) that will be updated weekly.