



# Wicomico County Health Department

108 East Main Street  
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**LORI BREWSTER, M.S., APRN/BC, LCADC**  
HEALTH OFFICER



**FOR IMMEDIATE RELEASE**

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## **WICOMICO COUNTY HEALTH DEPARTMENT TO RELEASE WEEKLY H1N1 COMMUNITY UPDATES**

(Salisbury, MD) The Wicomico County Health Department has begun offering weekly press releases to the media and general community to apprise them of local efforts currently underway to address the H1N1 Influenza Pandemic in Wicomico County.

The weekly updates will include the number of vaccinations that have been made available to the agency by the State. The number of vaccinations provided in the community, Locations of H1N1 Clinics and information on target populations that are presently top priority for receiving the vaccination. Information for this week can be found below. Information will also be posted to the external website found at [www.wicomicohealth.org](http://www.wicomicohealth.org)

WiCHD H1N1 Community Update: As of Tuesday, October 14, 2009 a total of 500 doses of H1N1 Vaccine have been received. Vaccine is available in an intranasal form as well as the traditional injectable shot version. Wicomico County has a total of 300 doses of intranasal H1N1 vaccine and 200 doses of injectable vaccine that have been made available to the community. Priority is being given to the CDC identified target groups which include, children, parents of children under 6 months old, pregnant women, medical and emergency first responders, adults with underlying medical conditions. 15 doses have already been distributed to local doctors offices in Wicomico County. The Health Department is working to set up clinics at local schools in the area as early as next week. They will start vaccinations at Beaver Run and Fruitland Primary as those two locations were not able to receive the seasonal influenza vaccine earlier this month.

In addition to the Health Department supplying H1N1 Flu vaccinations a number of private providers are also preparing to receive vaccination shipments and will offer vaccine to their patients and or general community members.

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## Good Health Habits for Preventing the Flu

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Clean your hands. Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Practice other good health habits.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

For additional flu information, please call (410) 543-6943 or visit [www.wicomicohealth.org](http://www.wicomicohealth.org).

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*Signed copy on file*

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Lori Brewster, M.S., APRN/BC, LCADC  
Health Officer  
October 14, 2009