



# Summit County Health District

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[www.schd.org](http://www.schd.org)

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## FOR IMMEDIATE RELEASE

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### Getting to the Bottom of Some H1N1 Myths and H1N1 Clinic Schedule

***“Getting the H1N1 vaccine will give me the flu.”***

**FICTION.** The influenza vaccine cannot give you the flu—the influenza shot is made from a dead virus which cannot make you sick. The influenza nasal spray is made from a virus which is live, but has been altered so significantly that it cannot make you sick. It’s true that some people do experience a fever or other mild symptoms after getting the vaccine; this is simply the body’s immune response reacting to the vaccine. In other words—it’s working!

***“The H1N1 vaccine was rushed through the manufacturing process and isn’t safe.”***

**FICTION.** Although there was a sense of urgency in getting the vaccine ready, there were no shortcuts taken. The vaccine has gone through extensive testing and is made in the same way, on the same equipment, as the seasonal flu vaccine. In fact, if H1N1 had emerged earlier, it’s likely that it would have simply been included in this year’s seasonal vaccine.

***“Vaccines with Thimerosal are dangerous for children and pregnant women.”***

**FICTION.** Thimerosal is a mercury-based preservative which is used to prevent bacterial contamination in multi-dose vials of vaccine. There is no valid scientific evidence to suggest that thimerosal in vaccines causes any health problems in children and adults beyond local hypersensitivity reactions (like redness and swelling at the injection site). The risk of the flu, especially for children, pregnant women and those with underlying health conditions, is higher than any risk from the vaccine. To help put it in perspective—there is more mercury in a can of tuna than there is in the flu vaccine.

***“Eating pork or pork products will give me the flu.”***

**FICTION.** Even though H1N1 is sometimes called “swine flu,” there is absolutely no connection between eating pork or pork products and getting the flu.

***“People 65 and over are the least likely to get sick from H1N1.”***

**FACT.** People 65 and over have been much less likely to contract H1N1 influenza, possibly because they have developed natural immunity to some component(s) of the virus through the years. This is why they are not included in the group targeted to receive the initial doses of vaccine. However, individuals 65 and over are more likely to have flu-related complications if they get the flu, so early treatment is strongly advised and seniors are prioritized for antiviral treatment if they do get sick with the flu.

Once the initial target groups have been vaccinated, those over 65 will also be able to get the vaccine if they choose to.

***“Children age 9 and under have to have two doses of vaccine.”***

**FACT.** Children respond to the H1N1 vaccine just as they do to the seasonal flu vaccine, with children 10 and over requiring just one dose, and those 9 and under requiring two.

***“If I have the flu, it’s probably H1N1.”***

**FACT.** H1N1 is by far the dominant influenza strain in circulation at this time. Although most cases are not laboratory-confirmed at this point (since it is so prevalent now), it’s very likely that individuals with the flu have contracted the H1N1 strain. It’s important to note that the vast majority of H1N1 cases are mild, have no complications, and require no medical treatment.

***“Even if I’ve had H1N1, I can still get seasonal flu.”***

**FACT.** Because H1N1 is a different strain of flu than seasonal flu, neither having H1N1 influenza nor getting the H1N1 vaccine will keep you from getting the seasonal flu.

***“Getting vaccinated is the best way to prevent the flu.”***

**FACT.**

The following H1N1 vaccine clinics will be held in Summit County:

<b>DATE</b>	<b>LOCATION</b>	<b>TIME</b>	<b>SPONSOR</b>
Friday, November 13, 2009	Forest Hill Community Learning Center 850 Damon Street, Akron, Ohio, 44310	4:00pm - 8:00pm	Akron Health Department
Saturday, November 14, 2009	Forest Hill Community Learning Center 850 Damon Street, Akron, Ohio, 44310	9:00am - 1:00pm	Akron Health Department
Monday, November 16, 2009	Revere High School 3420 Everett Road, Richfield, Ohio 44286	4:00pm - 7:00pm	Summit County Health District
Monday, November 16, 2009	Stow High School 3227 E. Graham Road, Stow, Ohio 44224	4:00pm - 7:00pm	Summit County Health District
Wednesday, November 18, 2009	Hudson High School 2500 Hudson-Aurora Road, Hudson, Ohio 44236	4:00pm - 7:00pm	Summit County Health District
Wednesday, November 18, 2009	Manchester Middle School 760 West Nimisila Road, Akron, Ohio 44319	4:00pm - 7:00pm	Summit County Health District
Thursday, November 19, 2009	Green High School 1474 Boettler Road, Uniontown, Ohio 44685	4:00pm - 7:00pm	Summit County Health District
Thursday, November 19, 2009	Nordonia High School 8006 South Bedford Road, Macedonia, Ohio 44056	4:00pm - 7:00pm	Summit County Health District
Friday, November 20, 2009	Betty Jane Community Learning Center 444 Darrow Road, Akron, Ohio, 44305	4:00pm - 8:00pm	Akron Health Department
Saturday, November 21, 2009	Betty Jane Community Learning Center 444 Darrow Road, Akron, Ohio, 44305	9:00am - 1:00pm	Akron Health Department
Monday, November 23, 2009	Mogadore High School 130 S Cleveland Avenue, Mogadore, Ohio 44260	4:00pm - 7:00pm	Summit County Health District
Monday, November 23, 2009	Sill Middle School 1910 Searl Street, Cuyahoga Falls, Ohio 44221	4:00pm - 7:00pm	Summit County Health District
Tuesday, November 24, 2009	Norton High School 4108 S. Cleveland -Massillon Road, Norton, Ohio 44203	4:00pm - 7:00pm	Summit County Health District
Tuesday, November 24, 2009	Woodridge Middle School 4451 Quick Road, Peninsula, Oh 44264	4:00pm - 7:00pm	Summit County Health District

The H1N1 Clinics listed above are offered by the Summit County Health District and the Akron Health Department and are restricted to the priority groups listed below. For more information, call the Summit County Health District's flu hotline at (330) 926-1801 or the Akron Health Department's flu hotline at (330) 375-2876. The Barberton Health District is currently scheduling vaccine appointments for the priority groups. Please call 330-745-6067 to determine eligibility and to make an appointment.

Individuals should not plan to arrive prior to 3:00 p.m. for the vaccination clinics scheduled at 4:00 p.m. The vaccine is free and will be given on a first-come, first-served basis. People who received a seasonal Flu-Mist vaccine must wait 28 days to receive a H1N1 Flu-Mist, however, they may receive a shot. The vaccination is voluntary.

Current vaccination efforts will focus on the target groups per Centers of Disease Control recommendations. Those groups include:

- pregnant women
- people who live with or care for children less than 6 months
- all people 6 months to 24 years
- people 25 to 64 years with chronic medical conditions
- healthcare workers and emergency medical workers

For those individuals with special health care needs, medically fragile individuals or women who are pregnant and cannot attend a public clinic, the Summit County Health District will schedule appointments for H1N1 vaccination by calling 330-926-5700. If you fall into the above groups, please register on [www.summitflu.org](http://www.summitflu.org) as this will decrease your wait time in the clinic.

We ask the public to be patient and help us to focus on the priority groups in our vaccination efforts. We do expect to eventually have enough vaccine for everyone who wants to be vaccinated. More clinics throughout Summit County will be held as more vaccine is received through the month of November and into December. Clinic sites will be evenly distributed throughout the county to provide access to everyone. Health Department H1N1 clinics will be posted on [www.summitflu.org](http://www.summitflu.org) as they are scheduled.

The best way to prevent the flu is to practice safe health practices such as frequent hand washing, covering your mouth while sneezing and coughing, and getting your flu vaccine.

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