



## NEWS RELEASE Mobile County Health Department

April 5, 2010

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

### FOR IMMEDIATE RELEASE

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### **Mobile County Health Department partnering with churches to hold H1N1 clinics**

The Mobile County Health Department has partnered with two local churches to hold the following free H1N1 flu immunization clinics, which are open to the general public:

- Wednesday, April 7, at Cottage Hill Presbyterian Church, 4201 Cottage Hill Rd., 11:30 a.m.-1:30 p.m. and 4:30 p.m.-6:30 p.m.
- Wednesday, April 14, at Coden United Methodist Church, 14943 Coden Belt Rd., 11 a.m.-2 p.m.

A report released recently by the Centers for Disease Control and Prevention (CDC) says that while flu activity remains relatively low nationally, the Southeast is experiencing increases. The report also says that most flu activity continues to be H1N1 and, although the level of activity may rise and fall, it is expected to continue for weeks.

In response to the ongoing H1N1 activity, the CDC continues to encourage vaccination for all persons 6 months of age and older. However, it says, the following people should not be vaccinated without first consulting a physician:

- People who have a severe (life-threatening) allergy to chicken eggs or to any other substance in the vaccine,
- People who have had a life-threatening reaction after receiving a dose of the seasonal flu vaccine,
- People who have had Guillain-Barré Syndrome, and
- People who have a moderate or severe illness.

The CDC also recommends that people take the following precautions to prevent the spread of colds and flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it. If you do not have tissue, cough and sneeze into your upper arm or sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick, stay home to avoid spreading germs to others.

Any church, business or organization interested in providing a free H1N1 clinic should call 544-2196.

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