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**For Immediate Release:**  
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### Bi-County Health Department H1N1 Clinics

Marion, IL – The Illinois Department of Public Health announced that beginning Tuesday, December 15, 2009, anyone 6 months or older will be eligible to receive the 2009 H1N1 vaccine. Franklin-Williamson Bi-County Health Department (FWBCHD) announces that beginning in January, H1N1 vaccine will be given at both the Benton and Marion offices by appointment on regular clinic days or as walk-ins during late clinics. This includes initial doses and second doses for children 9 years of age and younger.

In January, late clinics at the Benton office, 403 East Park, are as follows: January 5 from 4:00 to 6:00 p.m. and January 19 from 4:00 to 6:00 p.m. Late clinics at the Marion office, 8160 Express Drive, are as follows: January 7 from 4:00 to 6:00 p.m. and January 21 from 4:00 to 6:00 p.m.

Children 9 years of age and younger who have received their first dose of H1N1 vaccine will need to receive a second dose. The Centers for Disease Control and Prevention (CDC) recommends that the 2 doses of 2009 H1N1 vaccine be separated by 4 weeks. However, if the second dose is separated from the first dose by at least 21 days, the second dose can be considered valid.

**NOTE: Pregnant women must have a written doctor's order to receive the vaccine.**

For appointments at the Benton office, please call (618) 439-0951. For appointments at the Marion office, please call (618) 993-8111. **The H1N1 vaccine will be given free of charge.**

If you are ill or experiencing flu-like symptoms, we ask that you not come to the vaccine clinics. Vaccine is not treatment. For maximum benefit, you should wait until you are well to receive your vaccine.

There continues to be reports of H1N1 flu activity and this is the time of year for colds and seasonal flu, so please remember to take preventive measures and practice good hygiene to avoid becoming sick and spreading illness.

To stay healthy, follow the three C's:

- **Clean** – Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer, especially after coughing or sneezing.
- **Cover** – Cover your coughs and sneezes by coughing into your elbow, arm or sleeve instead of your hand. This practice can help prevent the spread of illness.
- **Contain** – Contain your germs by staying home if you are sick. Please stay home for at least 24 hours after you no longer have a fever without the use of fever-reducing medications. By staying home, you are helping to prevent the spread of the flu.

For additional information about H1N1 flu, log onto [www.flu.gov](http://www.flu.gov) or [www.ready.illinois.gov](http://www.ready.illinois.gov) , visit our website at [www.bicountyhealth.org](http://www.bicountyhealth.org) , or you can call (618) 439-0951 or (618) 993-8111. You can also call the Illinois Flu Hotline for both medical and non-medical questions at 1-866-848-2094 for English and 1-866-241-2138 for Spanish. The hotline currently operates 24 hours a day, 7 days a week.

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