

Millburn Community Consolidated School



DISTRICT 24

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October 23, 2009

Dear Parents,

I would like to follow up with you about the H1N1 flu since my last letter in September. At this time, the Health Department is preparing to open H1N1 flu vaccination clinics at five sites. These walk-in clinics are initially for people in specific high priority target groups. Once the high priority populations have received the vaccine, the Health Department will provide the vaccine to the general public. In addition to the Health Department clinics, vaccinations will be available from a large number of community healthcare providers, pharmacies and clinics in November and December. More than 430 local providers and facilities registered to receive vaccine in the county.

The Health Department clinics are scheduled to take place from Thursday, October 29, through Sunday, November 1. The schedule is as follows.

Gurnee

Advocate Condell Medical Building

1425 Hunt Club Road, Suite 103

- Thursday, Oct. 29 - 8 a.m. - 8 p.m.
- Friday, Oct. 30 - 8 a.m. - 8 p.m.
- Saturday, Oct. 31 - 8 a.m. - 5 p.m.
- Sunday, Nov. 1 - 8 a.m. - 5 p.m.

Note: This clinic will remain open for several months to provide vaccine to the general public following the priority groups.

Mundelein

Carl Sandburg Middle School

Gymnasium

855 W. Hawley Street

- Thursday, Oct. 29 - 8 a.m. - 8 p.m.
- Friday, Oct. 30 - 8 a.m. - 8 p.m.
- Saturday, Oct. 31 - 8 a.m. - 5 p.m.
- Sunday, Nov. 1 - 8 a.m. - 5 p.m.

Round Lake Beach

Round Lake Area Park District

Sports Center

2004 Municipal Way

- Thursday, Oct. 29 - 8 a.m. - 8 p.m.
- Friday, Oct. 30 - 8 a.m. - 8 p.m.
- Saturday, Oct. 31 - 8 a.m. - 5 p.m.
- Sunday, Nov. 1 - 1 p.m. - 5 p.m.

Waukegan

Field House at Hinkston Park

800 N. Baldwin Avenue

- Thursday, Oct. 29 - 8 a.m. - 8 p.m.
- Friday, Oct. 30 - 8 a.m. - 8 p.m.
- Saturday, Oct. 31 - 8 a.m. - 5 p.m.
- Sunday, Nov. 1 - 8 a.m. - 12 p.m.

North Chicago

The Lake County Health Department's

North Chicago Community Health Center

2215 14th Street

- Thursday, Oct. 29 - 9 a.m. - 3 p.m.
- Friday, Oct. 30 - 9 a.m. - 3 p.m.
- Saturday, Oct. 31 - 9 a.m. - 4 p.m.
- Sunday, Nov. 1 - Closed

These clinics are walk-in only. Please note that only the H1N1 flu vaccine, and not the seasonal flu vaccine, is available at these clinics. **The high priority target population groups for the H1N1 vaccine include:**

- Individuals 6 months to 24 years of age
- Caretakers and household contacts of children under 6 months of age
- All pregnant women
- Healthcare and emergency medical services employees
- People 25 to 64 years of age with underlying medical conditions, such as

asthma or diabetes, which put them at high risk for flu-related complications.

H1N1 vaccinations have been produced in several forms such as nasal spray and shots. Health Department vaccination clinic staff will work with residents to determine the best form of vaccine for each individual, based on health needs and vaccine availability. It is also very important that anyone who received a seasonal flu shot this year to bring a record of that vaccination to the H1N1 clinic so staff can determine the best form of vaccine to provide.

What You Can Do

Practice Healthy Habits

In addition to getting your seasonal flu shot, help prevent the spread of flu in the workplace, schools and throughout the community by:

- Washing your hands **frequently**
- Staying home if you are sick
- Covering your cough and sneeze

Additional important items to remember about flu include:

- Overall, people are most contagious during the first three days of illness, so staying home during this time is especially important to not spread the flu to coworkers, friends or fellow students.
- People with flu-like symptoms should stay home from school, work and social gatherings until 24 hours after resolution of their fever (less than 100 F) without fever reducing medications.
- The Centers for Disease Control and Prevention recommends that children 9 and younger receive two doses of 2009 H1N1 vaccine, which should be separated by one month. One dose is recommended for everyone else.

Volunteer

The Health Department is also recruiting volunteers for its Lake County Medical Reserve Corps to help with H1N1 flu prevention. For more information, call: (847) 377-8358.

Access Reliable Information

<http://www.lakecountyil.gov/Health/H1N1.htm>

<http://www.flu.gov/>

<http://ready.illinois.gov>

The Health Department's H1N1 hotline number is: 847-377-8350. We will keep you posted as to how things are going at Millburn School District #24. Thank

you so much for your assistance and cooperation.

Your partner in education,

Dr. Ellen E. Mauer