

GERALD M. THORNTON  
Freeholder

KEVIN L. THOMAS, M.A.  
Health Officer  
Public Health Coordinator

JOSEPH R. TORDELLA, D.O.  
Medical Director

# CAPE MAY COUNTY DEPARTMENT of HEALTH

4 Moore Road  
Cape May Court House, N.J. 08210-1601  
(609) 463-6689  
Fax: (609) 463-6580



January 14, 2009

To: Cape May County Physicians, Community Clinics, Hospital Infection Control, Pharmacies, Municipal Clerks, School Superintendents, School Nurses, Daycare centers, Preschools, Cape May County Departments of Aging and Social Services, County and Municipal Senior Centers, Assisted Living Facilities, Churches, Puerto Rican Action Committee, Cape Human Resources

**Re: *It's not too late to vaccinate against H1N1 Flu***

National Influenza Vaccination Week (NIVW) is a national observance that was established to highlight the importance of continuing influenza vaccination, as well as fostering greater use of flu vaccine after the holiday season into January and beyond. This year's NIVW is January 10–16, 2010. The Cape May County Department of Health has scheduled many opportunities for residents to get vaccinated against H1N1 flu. Updated information is posted at [cmchealth.net](http://cmchealth.net) and is also available on the County's flu hotline, 463-6581. The following H1N1 flu clinics will be held at the County Department of Health, located at 6 Moore Road in CMCH (exit 11 off of the GSP):

- Friday, January 15 \* 4-7pm
- Wednesday, January 20 \* 4-7pm
- Friday, January 22 \* 4-7pm
- Thursday, January 28 \* 4-6pm
- Friday, January 29 \* 9am-12pm
- Thursday, February 4 \* 4-6pm
- Wednesday, February 10 \* 4-6pm
- Saturday, February 20 \* 9am-12pm
- Thursday, February 25 \* 4-6pm

The attached flyer contains information on the upcoming clinics. Please post or distribute this to your patients or clients. Schools are asked to please pass this information to the parents of students less than 10 years old who need a booster dose.

Since 2009 H1N1 disease is likely to continue, NIVW is an important opportunity to maintain or increase the number of people who get the 2009 H1N1 vaccine at a time when demand for vaccine usually drops significantly. Though this has been an unprecedented year in terms of the number of people who have received flu vaccinations, most people still have not gotten the 2009 H1N1 vaccine - there is still room for improvement among every age and risk group. Influenza is unpredictable and we do not know the likelihood of a future wave of 2009 H1N1 influenza, but we do know that vaccination is the single best way to reduce the health impact of influenza.

H1N1 flu vaccination is now available for all residents including seniors. While older people are thought to be less likely to be infected with the 2009 H1N1 virus compared to younger persons, there have been severe infections and deaths from 2009 H1N1 in every age group, including people 65 and older.

Children less than 10 years of age need to receive two doses of vaccine to be fully protected. The second dose should be given ideally 28 days after the first dose, but it can be given after a minimum of 21 days.

While supplies last, the Department will offer both the FluMist and the injectable vaccine. FluMist is a vaccine made with live, weakened viruses that cannot grow at normal body temperature and is given via a nasal sprayer. Healthy persons 2-49 years of age who are not pregnant can receive FluMist.

Certain persons should not receive the H1N1 flu vaccine. Similar to seasonal flu, persons with a severe allergy to eggs or any of the vaccine components, who have had a severe reaction to a previous flu vaccine, or who have been diagnosed with Guillain-Barre syndrome will need a prescription from their physician to get a flu vaccine.

Kind regards,

A handwritten signature in black ink, appearing to read 'KB Cervantes', with a stylized flourish at the end.

Kim Cervantes, MA, MPH, CIC  
Epidemiologist, Cape May County Department of Health

Cc: Kevin L. Thomas, MA, HO, Public Health Coordinator, Cape May County Department of Health



**Cape May County Department of Health**

# Free H1N1 Flu Vaccination Clinics

**Open to all Cape May County residents**

**Location:** Cape May County Department of Health  
6 Moore Road, CMCH (Exit 11 on GSP)

**Dates:** **Friday, January 15 \* 4-7pm**  
**Wednesday, January 20 \* 4-7pm**  
**Friday, January 22 \* 4-7pm**  
**Thursday, January 28 \* 4-6pm**  
**Friday, January 29 \* 9am-12pm**  
**Thursday, February 4 \* 4-6pm**  
**Wednesday, February 10 \* 4-6pm**  
**Saturday, February 20 \* 9am-12pm**  
**Thursday, February 25 \* 4-6pm**



\* **Children** less than 10 years of age need two doses of H1N1 vaccine spaced at least 21 days apart, ideally 28 days apart

\* While **older people** are thought to be less likely to be infected with the 2009 H1N1 virus compared to younger persons, there have been severe infections and deaths from 2009 H1N1 in every age group, including people 65 and older. Vaccination is recommended for all residents.

Consent forms/information: [cmchealth.net](http://cmchealth.net) \* 463-6581

*Sponsored by the Board of Chosen Freeholders*

Daniel Beyel, Director \* Ralph E. Sheets, Jr., Vice-Director  
Gerald M. Thornton \* Leonard C. Desiderio \* Ralph E. Bakley, Sr.