



## COMMUNITY HEALTH SERVICES DEPARTMENT

### Environmental Health & Prevention Services

160 Exmouth Street  
Point Edward, ON N7T 7Z6  
Telephone: 519 383-8331  
Toll Free: 1-800-667-1839  
Fax: 519 383-7092  
www.lambtonhealth.on.ca

## NEWS RELEASE

Wednesday, October 21, 2009

For Immediate Release

### **Pandemic H1N1 Flu Vaccine Approved**

**Sarnia, ON** – The Public Health Agency of Canada announced today the pandemic H1N1 vaccine has received authorization for distribution. The County of Lambton Community Health Services Department will be receiving the vaccine later this week to begin clinics.

The complete order of pandemic H1N1 vaccine will not be delivered to health units so it is important to make the vaccine available to those who would benefit most from immunization and/or those who care for them. The Ministry of Health and Long-Term Care determined the following **target population to receive the pandemic H1N1 vaccine first**:

- People with chronic medical conditions, under age 65
- Pregnant women (optional non-adjuvant vaccine available beginning the week of November 9, 2009)
- Healthy children from six months to five years old
- Health care workers involved in pandemic response or the delivery of essential health care services
- Household contacts and care providers of persons at high risk who cannot be immunized or may not respond to vaccines

### **Pandemic H1N1 vaccine will be available to this target population at the following clinics:**

- Bayside Centre (DAILY CLINIC) - Sarnia  
150 North Christina Street  
October 26-30, 2009  
Monday to Friday (10 a.m. - 6 p.m.)  
Free underground parking
- North Lambton Community Health Centre (Great Hall) - Forest  
Monday, October 26 (2 p.m. - 7 p.m.)
- Lambton Central Collegiate & Vocational Institute (Amphitheatre) - Petrolia  
Monday, October 26 (2 p.m. - 7 p.m.)
- Country Manor - Thedford  
Monday, October 26 (3 p.m. - 7 p.m.)
- Afton Park Place - Sarnia  
Tuesday, October 27 (2 p.m. - 4 p.m.)
- Watford Quality Care - Watford  
Tuesday, October 27 (3 p.m. - 6 p.m.)
- Twin Lakes Retirement Community - Sarnia  
Wednesday, October 28 (2 p.m. - 4 p.m.)
- North Lambton Lodge - Forest  
Thursday, October 29 (3 p.m. - 6 p.m.)

...MORE



**Beginning in November, Pandemic H1N1 vaccine will be available to all individuals at the following clinics:**

- Bayside Centre - 150 North Christina Street, Sarnia  
Monday to Friday (10 a.m. - 6 p.m.) - November to January  
1st and 3rd Saturdays (10 a.m. - 2 p.m.) - November to December  
Please Note: Clinics are no longer provided at the Community Health Services Department located in Point Edward
- Port Lambton Community Centre - Port Lambton  
Monday, November 9 (3 p.m. - 6 p.m.)
- St. Matthew's Parish Hall - Florence  
Friday, November 13 (9 a.m. - 12 Noon)
- Fire Hall - Rutherford  
Wednesday, November 18 (4:30 p.m. - 7:30 p.m.)

Additional clinics will be scheduled throughout Lambton County. Please frequently check the website [www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca) for the most current list of clinics or call the Flu Clinic Info Line at 519 383-3812 or toll free 1-800-667-1839 ext. 3812.

"Prevention is the key to stopping the spread of any influenza virus in the community," says Dr. Greensmith, Medical Officer of Health with the Community Health Services Department. "Get both flu vaccines this year and practice good hygiene at home and in the community."

Increase your defenses against the flu virus:

- Get both the seasonal and H1N1 flu shots
- Wash your hands often with soap and warm water or use an alcohol-based hand sanitizer
- Cover your cough
- Eat a balanced diet high in fruits and vegetables
- Stay home if you are ill

Symptoms of flu include the sudden onset of respiratory illness with fever and cough plus one or more of the following:

- Sore throat
- Joint pain
- Muscle pain
- Extreme exhaustion

Most cases of H1N1 flu tend to be mild. However, if you do not start to feel better after a few days or if your symptoms get worse, you should either call your health care provider or Telehealth Ontario at 1-866-797-0000.

***For more information about Lambton County, visit [www.lambtononline.ca](http://www.lambtononline.ca).***

**Contact:**

**Vicki Hawksworth**

Supervisor, Community Health Services Department  
Telephone: 519 383-8331 ext. 3503

Email: [vicki.hawksworth@county-lambton.on.ca](mailto:vicki.hawksworth@county-lambton.on.ca)