



H1N1 Update

From the Offices of Health Services & Public Relations

October 19, 2009

Information and Tips

- **H1N1 Vaccine Clinics:** Free H1N1 vaccine shots will be available at clinics around the district. The clinics are sponsored by the Sacramento County Health Department. Appointments are not required. Each participant will need to complete a consent and vaccine information screening form. Participants should not take the vaccine if they are allergic to eggs or Thimerosal which is a preservative. They should be in general good health and not be ill or suffering from a fever. For more information, please call the district Health Services Department at (916) 643-9412. The clinic schedule follows:

Monday, Nov. 16: Hiram Johnson High School
3:30 p.m. to 7:30 p.m. 6879 14th Ave.

Wednesday, Dec. 9: Luther Burbank High School
3:30 p.m. to 7:30 p.m. 3500 Florin Rd.

Thursday, Dec. 17 Sacramento High School
3:30 p.m. to 7:30 p.m. 2315 34th St.

Monday, Dec. 21 Rosemont High School
3:30 p.m. to 7:30 p.m. 9594 Kiefer Blvd.

- **Hand washing Public Service Announcement:** A hand washing public service announcement is now posted on the district web site, www.scusd.edu which features the Father Keith B. Kenny "Germ Squad." It is a fun reminder to wash hands thoroughly. Feel free to share with students and community members at meetings and other gatherings.
- **2009 Senior & High Risk Flu Clinics:** Seasonal flu shots are available for \$10 at the following clinics. The flu shot will be provided to children 6 month to 18 years of age, pregnant women, persons who are chronically ill, individuals 50 years and older, health care workers, or household contacts of high risk individuals. Participants with MediCare cards must take their card to the clinic. The clinics are scheduled for:

Wednesday, Oct. 21 Fruitridge Community Center
10:30 a.m. to 1 p.m. 4000 Fruitridge Rd.

Friday, Oct. 23 Sears "Drive-Thru"
10 a.m. to 1 p.m. 5901 Florin Rd.
(no walk ins please)

Thursday, Nov. 5 Pannell Center
10 a.m. to 2 p.m. 2450 Meadowview Rd.