



# Plumas County Public Health Agency

270 County Hospital Road, Quincy, California 95971

Mimi Khin-Hall, MPH, CHES, Director

**Administration & Health Education**  
Suite 206  
Quincy, CA 95971  
(530) 283-6337  
(530) 283-6425 Fax

**Clinic & Nursing Services**  
Suite 111  
Quincy, CA 95971  
(530) 283-6330  
(530) 283-6110 Fax

**Senior Nutrition & Transportation**  
Suite 206  
Quincy, CA 95971  
(530) 283-3546  
(530) 283-6425 Fax

**Environmental Health**  
Quincy Office  
Suite 127  
Quincy, CA 95971  
(530) 283-6355  
(530) 283-6241 Fax

**Environmental Health - Chester**  
222 First Avenue  
Post Office Box 1194  
Chester, CA 96020  
(530) 258-2536  
(530) 258-2844 Fax

## Plumas County Influenza Update October 28, 2009

### Vaccine Update

- The first 200 doses of H1N1 nasal spray vaccine are in Plumas County. ***This first shipment of H1N1 will be reserved for household contacts or caregivers of infants younger than 6 months, and household contacts of pregnant women.*** This nasal spray vaccine is only for healthy people between 2 and 49 who are not pregnant. Check with your doctor's office for availability or call the Plumas County Public Health Agency clinic. PCPHA will make appointments in Quincy and at our outreach clinics in Greenville, Chester and Portola.
- When more H1N1 vaccine arrives, it will be offered first to those most at risk for serious illness from H1N1. In general, the order of priority will be from youngest to oldest, and those with chronic health conditions. In California and the U.S., children under 4 years old have the highest rate of hospitalization from H1N1 flu.
- H1N1 flu clinics are planned at community outreach clinics, K-12 schools, Feather River College, and drive through flu clinics. They will be scheduled and announced as soon as supplies of vaccine arrive. So far, vaccine supply has been variable and unpredictable.
- There is a national shortage of preservative free H1N1 vaccine for pregnant women and children under 3. Because the risks are great for these groups, California has an exemption to the law limiting certain amounts of mercury (used as a preservative) in vaccines. The exemption is until November 30, 2009 and will allow pregnant women and children under three to get the earliest available H1N1 flu "shot" with preservative.

### Other News

- New - Seasonal Flu VS. H1N1 Flu Vaccine: Who should get what and when, to be posted on website and widely distributed.
- 99% of all flu cases in California at this time are H1N1 flu, not seasonal flu. Doctors will not regularly test for H1N1, except for hospitalized cases, because a test will not change treatment decisions. Your doctor will decide if antiviral medicines to help treat flu are right for you.
- Nationwide in the last week, doctor's visits and hospitalizations from H1N1 are climbing. In California, there have been a total of 233 H1N1 deaths, 45 of which occurred between September 27 and October 17, 2009.

### Websites

[www.cdph.ca.gov](http://www.cdph.ca.gov) – California Department of Public Health

[www.flu.gov](http://www.flu.gov) – One-stop access to U.S. Government H1N1, avian and pandemic flu information.

**\*New\*** Please send your questions/concerns to [fluinfo@countyofplumas.com](mailto:fluinfo@countyofplumas.com). You may also call PCPHA at 530-283-6330 or 800-801-6330.