



## HARFORD COUNTY HEALTH DEPARTMENT

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120 South Hays Street

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Bel Air, Maryland 21014-0797

Susan C. Kelly, R.S.  
Health Officer

January 8, 2010

Dear Parents,

National Influenza Vaccination Week is January 10<sup>th</sup> – 16<sup>th</sup>, 2010. We would like to remind you of the importance of influenza vaccination at this time of the year when demand for the vaccine historically drops.

This year we have the unique situation with two different types of influenza (H1N1 and seasonal) circulating in Maryland. The CDC (Centers for Disease Control and Prevention) estimates that from April to mid-November of 2009, there were approximately 47 million cases of H1N1 influenza in the United States with more than 200,000 hospitalizations and 10,000 deaths. Although H1N1 activity has decreased over the last month, some experts believe that there may be another “wave” of H1N1 influenza in the future.

Vaccination is safe and reliable, and it is the single most important way to prevent the spread of influenza. The seasonal vaccine does not protect against H1N1 influenza, nor does the H1N1 vaccine protect against seasonal influenza. Therefore it is important to get both the seasonal and H1N1 vaccinations this year. There is currently a large supply of H1N1 vaccine available through many different locations (health department, pharmacies, doctor offices, etc.) and vaccine can now be administered to the general population.

In addition to vaccination, there are some everyday actions that you can do to limit the spread of influenza (both seasonal and H1N1). These include:

- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, an alcohol-based hand rub can be used.
- ◆ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ◆ Try to avoid close contact with sick people.

Thank you for your interest and personal initiative in response to this most important public health concern. Stay healthy, be informed, and get vaccinated.

Sincerely,

A handwritten signature in cursive script that reads "Susan C. Kelly".

Susan Kelly  
Health Officer