



## **Marion County**

OREGON

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### **Free FluMist Vaccines Provided By Marion County at State Fair**

The Marion County Health Department will be at the Oregon State Fair on Monday August 31, 2009 from 10:00 a.m. – 7:00 p.m. providing free FluMist, a nasal flu vaccine for seasonal flu, while supplies last.

FluMist is a vaccine that aims to help prevent seasonal flu. It is a needle-free option for getting the flu vaccine. FluMist is appropriate for non-pregnant persons ages 2-49, who have no chronic health conditions. “August is a great time to get FluMist because it provides protection from the flu before the season begins,” explained Marion County Health Officer, Dr. Karen Landers. “This protection will last through the end of the flu season”.

Dr. Landers said that FluMist is a good option for healthy children and adults. “It is just as effective as a shot and it is administered as a painless mist in the nose,” she said.

While the FluMist helps protect against seasonal flu, it will not protect against the new H1N1 virus (swine flu). A vaccine is being developed for H1N1 flu (swine flu) and may be available as early as October.

Health experts are predicting that the flu season will impact more people than usual given that both seasonal flu and H1N1 flu (swine flu) are circulating in Oregon. To help control the spread of flu, people are encouraged to get the seasonal flu vaccine as soon as they can and the H1N1 vaccine as soon as it becomes available. Other important ways to help prevent the flu are washing hands frequently with soap and water; covering coughs and sneezes; and staying home when sick.

The symptoms of seasonal flu and H1N1 flu are similar and include: fever, cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting and diarrhea can also occur but are less common.

The Marion County FluMist booth will be located on the fairgrounds near the petting zoo. For more information, call 503-588-5342.