



STATE OF OHIO

Emergency Operations Center

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FOR IMMEDIATE RELEASE

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ODH: Holidays Perfect Time for Young People to Receive the Gift of Good Health

Children Younger than 10 Need Two Doses of H1N1 Flu Vaccine for Full Protection

COLUMBUS – As Ohioans wrap up their holiday shopping, the Ohio Department of Health (ODH) is urging parents to consider giving their children a special gift this holiday season: an H1N1 vaccine.

“Make sure children younger than 10 are protected against H1N1 flu by ensuring they receive two doses,” said ODH Director Alvin D. Jackson, M.D. “I also urge college students to get vaccinated over winter break if they have not already.”

Because of increased supplies of H1N1 vaccine – more than 3.2 million doses have been delivered to Ohio – ODH this week lifted restrictions previously in place and providers may now give vaccine to all who seek it. The vaccine is available at doctor’s offices, local health departments and retail pharmacy chains.

While Ohioans older than 10 require only one dose of vaccine to be protected, research has shown two doses of are needed to provide immunity for children 6 months to 9 years. The Centers for Disease Control and Prevention recommends the two doses of H1N1 vaccine be separated by 28 days to be effective.

Children and young adults are particularly at risk for H1N1 because of limited previous exposure to the virus.

In addition to being vaccinated, Ohioans can help stop the spread of illness by washing hands thoroughly and often; covering mouths when sneezing or coughing; and staying home from work or school if sick.

For more information, check the ODH Web site at <http://www.flu.ohio.gov> or call the ODH H1N1 information line at 1-866-800-1404 8 a.m. to 5 p.m. Monday through Friday.

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