



Trumbull Town Hall Annex
5892 Main Street
Trumbull, CT 06611

FOR IMMEDIATE RELEASE: MARCH 8, 2010

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***Trumbull Monroe Health District Continues to Vaccinate Residents Against H1N1
Vaccination Clinic Held at the Trumbull Library March 17th***

The Trumbull Monroe Health District will hold a H1N1 vaccination clinic at the Trumbull Public Library, 33 Quality Street in Trumbull, on Wednesday, March 17, 2010 from 10:00 a.m. – 1:30 p.m. in the lobby. Nasal Mist and injectable vaccinations will be available. Vaccinations are free of charge and all are welcome.

“We are pleased to be working with the Trumbull Library to provide H1N1 vaccinations to residents and library patrons at a convenient location,” stated Patrice Sulik, TMHD Director of Health. “We continue to vaccinate those in our community and will hold a few more vaccination clinics in the upcoming weeks.”

Novel H1N1 influenza, or swine flu, is a respiratory infection caused by a virus. The virus can spread from people who have it to other people through coughs and sneezes. Most of the cases in the United States to date have been mild.

Avoid getting or spreading novel H1N1 influenza by following these tips below.

- **Wash your hands often with soap and water**, especially after you cough or sneeze. If soap and water are not nearby, use an alcohol-based hand sanitizer.
- **Cover your nose and mouth** with a tissue or the crook of your elbow when you cough or sneeze.
- **Try not to touch your eyes, nose, or mouth.** Germs often spread this way.
- **Stay away from people who are sick.**

For more information contact the TMHD at (203) 452-5195.

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m.