

**FOR IMMEDIATE RELEASE: MARCH 31, 2010**

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**Trumbull Monroe Health District Will Offer H1N1 Vaccinations to Residents in Observance of National Public Health Week**

The Trumbull Monroe Health District will hold a H1N1 vaccination clinic at the Trumbull Monroe Health District, 5892 Main Street in Trumbull, on Wednesday, April 7, 2010, from 1:30 p.m. – 4:00 p.m., in observance of National Public Health Week. No appointments are necessary. Injectable vaccinations will be available. Vaccinations are free of charge and all are welcome.

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. Even though there is a low incidence of H1N1 influenza in the community, cases are still being reported. It is advisable to have the vaccination for protection. If you are traveling to the Southern Hemisphere, H1N1 is active.

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 readily available, 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.