

# Public Health Preparedness

## What should I expect for the 2010-2011 influenza season?



The CDC Advisory Committee on Immunization practices is recommending that, starting in the fall of 2010, influenza vaccine be recommended for everyone regardless of age or risk factor for influenza. The recommendation of “universal influenza vaccine” is hoped to reduce some of the confusion and logistical difficulty of identifying high risk groups, as well as simplifying the message for the public. It also reflects the fact that people under the age of 65 were at much higher risk for complications and death from H1N1.

**This season's flu shot will include protection against both H1N1 and seasonal flu. Therefore only one shot will be needed.**

**To prevent the spread of influenza:**



Wash your hands with soap and water

Cover up when you cough or sneeze

Clean and disinfect shared surfaces

Stay at home if you are sick

Get your annual flu shot



Have you often wondered how you can lend a helping hand in your community? Call the Health Department today to learn more about the Medical Reserve Corps and how you can volunteer!



Plan Now. Work Together. Be Ready.

NATIONAL PREPAREDNESS MONTH  
September 2010 | [ready.gov](http://ready.gov)

### Did you know?

- Only 57% of people report that they have readiness items set aside in their homes for use in disaster
- Just 34% of people have readiness supplies in their car
- Less than half of households have an Emergency Plan **and yet...**
- 42% of individuals report they would need help during a disaster

**Take steps this month to prepare your family, neighborhood and community for emergencies and disasters.**

- ✓ Put together an emergency supply kit
- ✓ Make a family emergency plan
- ✓ Be prepared to help your neighbor
- ✓ Work as a team to keep everyone safe

## Top Ten List for Preparedness on a Budget

1. **Plan** for the types of disasters that can happen in the area where you live.
2. **Create** your own personalized list. You may not need everything included in “ready made” kits and there may be additional items based on your personal situation.
3. **Budget** emergency preparedness items such as a “normal” expense. Even \$20 a month can go a long way to helping you be ready. Buy one preparedness item each time you go to the store.
4. **Save** by shopping sales. Make use of coupons and shop at stores with used goods. Don't replace your ready kit items annually, just replace and cycle through those items with a shelf life.
5. **Store** water in safe containers. You don't have to buy more expensive bottled water, but make sure any containers you use for water storage are safe and disinfected.
6. **Request** preparedness items as gifts. We all receive gifts we don't need or use. What if your family and friends gave you gifts that could save your life? Don't forget to protect them by sending preparedness gifts their way too.
7. **Think** ahead. You are more likely to save money if you can take your time with focused and strategic shopping.
8. **Review** your insurance policy annually and make necessary changes. When a disaster strikes, you want to know that your coverage will help you get back on your feet. Renters need policies too, in order to cover personal property.
9. **Update** contact records. Have an accurate phone list of emergency contact numbers. If you are prepared, you may be able to help friends and neighbors.
10. **Trade** one night out to fund your 72-hour kit. Taking a family of four to the movies can cost upwards of \$80-\$100, Just one night of sacrifice could fund a 72-hour ready kit.

Do you have any questions or comments? If yes, please contact the Emergency Response Coordinator at the Logan County Department of Public Health at (217) 735-2317 or [sbean@lcdph.org](mailto:sbean@lcdph.org). Thank you!

# Kindergarten Immunizations

- ✓ Dtap
  - ✓ IPV
  - ✓ MMR
  - ✓ Varicella
- Required by October 15th

\*Lead Screening required also.

Vaccines are \$16.75 per immunization

Tdap vaccine available to all parents and caregivers of a WIC infant that is 1 year of age or younger

-Through December

\*Tdap (tetanus, diphtheria, pertussis)

**FREE**

- Meningococcal Vaccine
- Tdap (tetanus, diphtheria, pertussis)
- Varicella

-Through December

**FREE**

Adolescents  
11-18 years old

# 9th Grade Immunizations

- ✓ **Tdap**  
- Required by October 15th
- ✓ **Meningococcal Vaccine**  
(Optional)

HOURS: Monday-Friday  
7:30 am - 4:00 pm

All services are available at LCDPH and HOPE