

Information on Western Health's H1N1 Immunization Plan and clinic dates/times (as of Tuesday, October 27, 2009)

Starting on Monday, November 2, 2009, Western Health will be rolling out the mass immunization campaign to the following target groups:

- (1) All children in the region between the ages of 6 months and 5 years. Parents of children in this age group will be contacted by their local Public Health Office by October 30, 2009, to arrange an appointment for the week of November 2nd.
- (2) All parents of newborns up to the age of 6 months. These parents will be contacted by their local Public Health Office by October 30, 2009, to arrange an appointment for the week of November 2nd.
- (3) All residents under the age of 65 years who are unable to leave their home because of medical reasons and are currently receiving services from a Continuing Care Nurse. Continuing Care Nurses will be contacting these residents the week of November 2nd. For residents who are medically unable to leave their home but are not receiving Continuing Care Nursing Services, please call 1-877-632 H1N1 (1-877-632-4161).
- (4) In keeping with recommendations from the Public Health Agency of Canada, all pregnant women will be offered an appointment to have the vaccine appropriate to their stage in pregnancy.
- (5) Mass immunization clinics will be offered in the following communities during the week of November 2nd:

Community	Dates/Times	Place
Ramea	Nov. 2nd 12:30 pm to 8:00 pm	Saint Boniface All Grade
Francois	Nov. 3rd 9:30 pm	St. Simon St. Jude School Clinic
Grey River	Nov. 3rd 12:30 pm	Western Health Clinic
Grand Bruit	Nov. 3rd 2:30 pm	Western Health Clinic

These clinics are available to all residents of the above communities. Clinic schedules are subject to weather conditions.

- (6) Mass immunization clinics will be offered in the following communities during the period November 5th and November 6th for persons under the age of 65 years with chronic medical conditions such as heart/liver/kidney disease, blood disorders, diabetes, severe obesity, asthma, chronic lung disease, people with compromised immune systems, and those with neurological disorders:

Community	Dates/Times	Place
Corner Brook – Bay of Islands	Nov. 5th & 6th 9:00 am to 5:00 pm	Pepsi Centre Annex
Stephenville & Bay St. George	Nov. 5th & 6th 9:00 am to 5:00 pm	West Coast Training Centre

As part of the mass immunization registration process, persons are required to have their MCP Card with them at the time of registration. People are asked to wear short sleeves or easy roll up sleeves.

Western Health is encouraging all residents to take advantage of the opportunity to get the H1N1 vaccine. Immunization is the best protection. Please be advised that all residents will have access to the vaccine. The schedule for the week of November 9th will be available later this week. If anyone has a question, please call the Provincial Health Line: 1-888-709-2929.

To Support the delivery of the Mass Immunization vaccine program throughout the Western Region Public Health nursing will be limited to the following essential services;

- Prenatal referrals for high risk pregnancies as determined by a physician
- All New births/ birth mothers will be referred to community Health nursing for screening and appropriate follow up
- Child health clinics will be limited based on priority screening
- Referrals for newly diagnosed diabetes patients will be screened for appropriate follow up
- International travel services will be limited to priority services based on screening by community Health nursing

BACKGROUNDER
Frequently Asked Questions
Antivirals and H1N1 Influenza Vaccine

Is the H1N1 vaccine safe?

Health Canada has authorized the H1N1 vaccine. This means that the vaccine has proven to be both safe and effective. Canada employs the most advanced science available in the world to help ensure the safety and effectiveness of vaccines used in our country. It has carefully evaluated the results of vaccine testing carried out in Canada and abroad.

How can I get the H1N1 influenza vaccine?

The H1N1 Pandemic Vaccine will be available through public health mass immunization clinics which will begin the end of October. It will not be available through physician offices. Details on these clinics will be provided by the regional health authorities. Watch your local media for details. Remember to bring your MCP card when you go to the

clinic.

When will the H1N1 vaccine be available?

Consistent with all other jurisdictions, we will be receiving the vaccine in stages. On October 26 we will have our first supply of 28,000 doses distributed throughout the province to begin immunizations on a limited basis. As we receive more vaccine, we will expand the scope of the immunization program. You should pay attention to your local media for information on mass immunization clinics.

Will the H1N1 vaccine be free?

The H1N1 vaccine will be free to all residents.

Do I have to get the H1N1 vaccine?

No, the vaccine is not mandatory. It is up to each individual, however it is recommended that everyone avail of the vaccine as it is the best protection against H1N1 influenza, especially those who are at high-risk.

How many doses will I need?

All Canadians 10 years of age and older will receive one dose of adjuvanted vaccine. Children from six months to nine years of age should receive the adjuvanted vaccine in two half-doses, administered at least 21 days apart.

Who will be first to get the H1N1 vaccine?

Keeping in mind that we have ordered enough vaccine for every resident who wants to be immunized, our basic approach will be to ensure those who need it most get it early. Those who will benefit most from the vaccine and those who care for them include:

- Individuals under 65 with chronic health conditions;
- Individuals living in remote and isolated settings or communities;
- Children six months up to five years of age;
- Health care workers involved in pandemic response or the delivery of essential health care services;
- Pregnant women; and
- Household contacts and caregivers of persons at high risk who cannot be immunized or may not respond to vaccines and populations otherwise identified as high risk.

Should children under six months of age have the H1N1 vaccine?

No. The H1N1 flu vaccine is not approved for children under six months of age, however in order to ensure they are protected, household contacts should receive the vaccine.

Is there anyone else who should not have the H1N1 vaccine?

The following people should discuss their risk with their health care provider before receiving vaccination:

- People who have had a previous anaphylactic (severe allergic reaction) to any element of the vaccine;

- People with a hypersensitivity to eggs (e.g. hives, swelling of mouth and/or throat, breathing difficulty);
- People experiencing a high fever;
- People who have previously experienced Guillan-Barré Syndrome within eight weeks of receiving a seasonal flu vaccine; and,
- Anyone who was hospitalized with ORS (Oculo-Respiratory Syndrome) after receiving a previous vaccine.

What is the difference between the seasonal flu shot and the H1N1 vaccine?

The H1N1 vaccine will protect you against the H1N1 pandemic flu virus. The regular seasonal flu shot will protect you against the strains of seasonal influenza that may also be circulating this flu season.

Can I still get the seasonal flu shot?

This year, the seasonal influenza vaccine is currently recommended for those most at risk. This includes:

- Everyone age 65 and over;
- All residents of long term care homes; and,
- Anyone with a severe chronic health condition that would put them at risk for complications from seasonal influenza;

All others who have generally received the seasonal flu shot will be recommended to have the vaccination later in the fall, after they have received their H1N1 influenza vaccine.

What is an adjuvant?

The H1N1 vaccine in Canada is an adjuvanted vaccine which means it includes a substance which provides a more rapid and increased immune response to the vaccine. The adjuvant in Canada's H1N1 vaccine is made up of natural ingredients such as water, oil and vitamin E.

Who should have an unadjuvanted vaccine and why?

Women who are pregnant are recommended to receive one dose of a vaccine that is unadjuvanted. The supply of unadjuvanted vaccines will be made available to all jurisdictions for pregnant women as soon as it is available in early November. The recommendation for pregnant women was made based on the fact that there is less data available on how pregnant women respond to adjuvanted vaccines and so we want to be very cautious. It does not mean there are any safety issues with the adjuvanted vaccine. If there are high levels of pandemic influenza in the community, women more than 20 weeks pregnant may be offered the adjuvanted vaccine to reduce their risk of disease.

What is the difference between antivirals and vaccines?

Vaccines prevent influenza by building immunity in the body while antivirals treat the influenza disease once someone becomes sick. Antivirals can reduce influenza symptoms and shorten the length of illness, and reduce the serious complications of influenza if taken within 48 hours of getting sick. Antivirals do not provide immunity against the

virus and should not be confused with the H1N1 vaccine. Vaccines are tailored to a specific virus and increase a person's immunity to that particular virus.

How can I protect myself from H1N1?

The best way to prevent the spread of the flu virus is:

CLEAN: Clean your hands regularly with soap and water or an alcohol-based hand sanitizer.

COVER: Cover your coughs and sneezes with a tissue or your arm

CONTAIN: Contain your illness by staying home if you are sick

Choose: to be immunized with the H1N1 vaccine

What should I do if I get sick?

If you have mild influenza-like symptoms, but are otherwise healthy, stay home to avoid infecting others and treat the symptoms. You can return to normal activities when you have no more symptoms. If you are pregnant, have underlying health problems or your symptoms get worse, contact your health care provider for advice.

Source: Department of Health and Community Services, Government of Newfoundland and Labrador