



## 2009 Flu Clinic Schedule

Cambridge residents (age 3 and older) can receive a free seasonal flu shot at any of the Cambridge Public Health Department's annual flu clinics. While there is no charge to the public for flu shots, seniors are encouraged to bring their Medicare health insurance cards with them to the clinics. The health department is able to bill Medicare and Medicare HMOs, which helps offset program costs.

**NOTE:** Vaccination against seasonal flu will be provided at these clinics. The separate H1N1 vaccine will be available to certain groups of people later this fall, and additional clinics will be added at that time. For the latest information on the H1N1 vaccine, visit [www.cambridgepublichealth.org](http://www.cambridgepublichealth.org).

**Thursday, October 8, 2009**

9 a.m. – 11 a.m.

Burns Apartments

50 Churchill Ave. (North Cambridge)

2 p.m. – 4 p.m.

North Cambridge Senior Center

2050 Massachusetts Ave.

**Friday, October 9, 2009**

1:30 p.m. – 3 p.m.

Lyndon B. Johnson Apartments

150 Erie Street (Cambridgeport)

**Wednesday, October 14, 2009**

9 a.m. – 11 a.m.

Cambridge City Hall

795 Massachusetts Ave. (Central Square)

3 p.m. – 4:30 p.m.

Putnam Square Apartments

2 Mount Auburn Street

**Thursday, October 15, 2009**

4:30 p.m. – 6:30 p.m.

The Cambridge Hospital

Third Floor, Learning Center

1493 Cambridge Street

**Saturday, October 17, 2009**

10 a.m. – 12 noon

Tobin School

197 Vassal Lane (West Cambridge)

*Children age 24 months and older will be seen at this clinic. FluMist will be available.*

**Wednesday, October 21, 2009**

9 a.m. – 12 noon

Citywide Senior Center

806 Massachusetts Ave. (Central Square)

**Thursday, October 29, 2009**

4:30 p.m. – 6:30 p.m.

Fresh Pond Apartments (Rindge Towers)

364 Rindge Ave. (North Cambridge)

**Saturday, October 31, 2009**

9 a.m. – 11 a.m.

The Cambridge Hospital

Third Floor, Learning Center

1493 Cambridge Street

**Monday, November 2, 2009**

10 a.m. – 12 noon

Citywide Senior Center

806 Massachusetts Ave. (Central Square)

**Saturday, November 7, 2009**

10 a.m. – 12 noon

King Open School

850 Cambridge Street

*Children age 24 months and older will be seen at this clinic. FluMist will be available.*

**Thursday, November 12, 2009**

5 p.m. – 7 p.m.

Windsor Street Health Center

2<sup>nd</sup> Floor, Large Conference Room

119 Windsor Street (Area IV Neighborhood)

**Saturday, November 21, 2009**

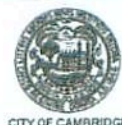
10 a.m. – 1 p.m.

War Memorial

1640 Cambridge Street

**Shipping delays of flu vaccine may affect this schedule**

Please call the Cambridge Public Health Department at 665-3855 or visit [www.cambridgepublichealth.org](http://www.cambridgepublichealth.org) for the most current dates and times of the flu clinics. *Remember:* Seasonal flu shots will be available this year for anyone who'd like to be vaccinated.



Greetings.

As we move into the fall, it is clear that those of us in public health, public safety, schools and health care institutions will be dealing with multiple challenges from flu. This email-notice is a brief update on the most important points.

**Seasonal flu:**

While much attention has been given to the swine flu, we expect that seasonal flu will, as always, occur throughout the winter. Since seasonal flu kills over 36,000 people in the U.S. every year, we continue to promote vaccination for everyone over six months of age. We particularly want to make sure to vaccinate those over 65, or anyone with medical conditions that predispose them to complications from seasonal flu.

Cambridge Public Health Department will be running several large public clinics for seasonal flu vaccination. Among these will be two family-friendly flu clinics at the Tobin School on October 17th, and at the King Open School on November 7th. The schedule for seasonal flu clinics will be posted on the CPHD website at [www.cambridgepublichealth.org](http://www.cambridgepublichealth.org).

**H1N1-Swine Flu:**

This new virus has circulated the globe, and is officially a pandemic. This fall, health officials expect a second wave of Novel H1N1 (swine) flu to increase among children and young adults, perhaps peaking as early as October. In the spring we learned that over half the people infected with this flu were under 24 years of age, and that pregnant women, children under five, and those with preexisting medical conditions were at highest risk of complications.

When vaccine becomes available, these populations will be the top tier prioritized for vaccination. It is important to note that the priority groups for the H1N1 vaccine (pregnant women, people taking care of infants under 6 months, and anyone between the ages of 6 months and 24 years) are quite different from those prioritized for seasonal flu. Health care workers will also be prioritized, as they are for seasonal flu.

As happened last spring, school nurses and health authorities will require children with influenza-like illness to stay home. All adults will also be advised to stay home when they have influenza-like illness. New criteria from the US Centers for Disease Control and Prevention (CDC) have lessened the seven day exclusion period for everyone except health care workers. The current guidance is now that a child can return to school when they have been fever-free for twenty-four hours without the help of anti-fever medications (e.g., Tylenol). Other guidance may come, depending on the severity of the epidemic and local conditions.

**Vaccine for Novel H1N1 (swine) flu:**

This vaccine is being manufactured and is expected to be available through providers and local health departments by early November. Since vaccine will be coming in stages, CDC has established "target groups" that are prioritized for vaccination: <http://www.cdc.gov/h1n1flu/vaccination/acip.htm>. CPHD will be holding several mass vaccination clinics to meet the expected demand. The schedule for all flu clinics will be posted on our website as soon as it is available.

The H1N1 pandemic continues to move, affecting different communities at different times and with differing severity. Since information and guidance may change from week to week, the best sources will continue to be the Massachusetts Department of Public Health website <http://www.mass.gov/dph/swineflu> and the site at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu).

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