

**H1N1 (Novel Influenza A) Influenza Vaccine Clinics
in the Iowa City Community School District**

Tuesday, January 19 - at Hills Elementary
Wednesday, January 20 - at Kirkwood Elementary
Monday, January 25 - at Grant Wood Elementary
Wednesday, January 27 - at Horace Mann Elementary
Monday, February 1 -at Twain Elementary
Wednesday, February 3 – at Van Allen Elementary

Each clinic will be from 3:00 - 6:00 p.m.

The H1N1 vaccine is free of charge and available to students, younger siblings older than 6 months of age, parents, and school staff.

No appointment is necessary

Like seasonal influenza, H1N1 influenza is spread by respiratory droplets from coughing or sneezing, or touching something with the flu virus on it and then touching your mouth, nose, and/or eyes.

Symptoms of H1N1 influenza are similar to regular seasonal influenza, and include fever, cough, sore throat, body aches, headache, chills and fatigue.

Illness caused by the H1N1 influenza virus is usually mild to moderate but severe cases do occur, especially for young children and for people with a chronic health condition. Avoiding people who are ill and getting the vaccine are the best defenses against H1N1.

If you have questions, please contact Susie Poulton, Director of Health Services at 319-688-1000, or Diana Preschel, Johnson County Public Health, at 319-688-5882.