



# San Bernardino County Department of Public Health

Wednesday, November 04, 2009  
12:00 a.m.

## Frequently Asked Questions (FAQ) # 4 H1N1 Influenza (H1N1 Flu)

**To Public Health staff and other phone operators:** This Q & A will help you answer questions the public may have regarding H1N1 Influenza. H1N1 Influenza is also being referred as, Pandemic (H1N1) 2009 virus, "H1N1 Influenza," "Novel Influenza A (H1N1) virus," or "swine flu."

### 1. When will the H1N1 influenza flu vaccine be available?

The H1N1 vaccine is available at San Bernardino County Department of Public Health Clinics.

### Where can I get the H1N1 Flu vaccine?



The H1N1 flu vaccination is available at the following walk-in Public Health clinics Monday - Friday, **however, due to limited supplies, as of today the H1N1 FluMist is not available at the Weekday clinics.**

Site	Days	Address	Walk-in Time
Hesperia	Monday – Friday	16453 Bear Valley Road, Hesperia <a href="#">Map</a>	8:30 a.m. to 12:30 p.m.
Ontario	Monday – Friday	1647 Holt Blvd., Ontario <a href="#">Map</a>	8:30 a.m. to 12:30 p.m.
Redlands	Monday-Friday	800 E. Lugonia Ave., Suite F Redlands <a href="#">Map</a>	8:30 a.m. to 12:30 p.m.
San Bernardino	Monday – Friday	351 Mt. View., San Bernardino Room 102 <a href="#">map</a>	8:30 a.m. to 12:30 p.m.

**By Appointment Only:**

The following clinics will offer the H1N1 flu vaccine by appointment only.  
**Due to limited supplies, as of today the H1N1 FluMist vaccine will not be available at the Weekdays clinics.**

For an appointment, please call **1(800) 722-4777**:




Site	Days	Address	Time
Joshua Tree	Wednesdays	63532 29 Palms Hwy. Suite D 	9:00 a.m. to 4:00 p.m.
Barstow	Thursdays	303 E. Mt. View Street 	9:00 a.m. to 4:00 p.m.

The H1N1 flu shot and FluMist vaccine **will not** be provided Monday – Friday at the following Public Health Clinics:

- Big Bear
- Fontana
- San Bernardino (799 Rialto Ave.)

The 2009 **H1N1 flu shot and the H1N1 FluMist vaccine** will be distributed at three San Bernardino County Public Health Centers on Saturday, November 07, 2009.

The three (3) free vaccination clinics will take place on **Saturday, November 07, 2009** at the following centers:

Site	Date	Address	Time
Hesperia	Saturday, November 7, 2009	16453 Bear Valley Road, Hesperia 	<b>10:00 a.m. –2:00 p.m.</b>
Ontario	Saturday, November 7, 2009	1647 Holt Blvd., Ontario 	<b>10:00 a.m. –2:00 p.m.</b>
San Bernardino	Saturday, November 7, 2009	799 E. Rialto Avenue, San Bernardino 	<b>10:00 a.m. –2:00 p.m.</b>

Please advise the public to bring water, snacks, and chairs for the comfort of their families.

**2. Where can I get updated information about H1N1 flu centers hosted by the Department?**

- For the most up-to-date information on H1N1 or seasonal influenza, visit the San Bernardino County Department of Public Health website at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph), or call 1 (800) 782-4264.
- More useful resources are also available through the U.S. Department of Health and Human Services website at <http://www.flu.gov/>.

**3. What is the cost of the H1N1 flu vaccine?**

- The Department will not charge for the vaccine.
- Your healthcare provider may charge a fee. Call your healthcare provider about the cost of the vaccine.

**4. Who should get the H1N1 vaccine ?**

Currently H1N1 flu vaccination is provided only to the following priority groups:

- Pregnant Women
- Individuals 6 months to 24 years of age
- Individuals 25 to 64 years of age who have chronic health conditions
- Adults 25 to 64 who have close contact with infants less than six months of age with contraindications for the Flu Mist
- Health care and emergency medical personnel

**5. Who should get the H1N1 intranasal (FluMist) vaccine?**

As of today, the H1N1 intranasal FluMist vaccine is not available at the weekday clinics. We will update the information as supplies arrive.

- Children 9 years of age or younger should get two doses of H1N1 flu shot or FluMist vaccine, one month apart.
- The seasonal FluMist is licensed for healthy individuals two to 49 years of age.

**6. Why aren't people 65 and older recommended to get early doses of 2009 H1N1 vaccine?**

- There are two main reasons why people age 65 and older are not included in the groups recommended to get the initial doses of 2009 H1N1 vaccine.
- People age 65 and older are least likely to get sick with this virus, and,
- There will be limited amounts of vaccine available at first, so the first doses are recommended to go to those who are most likely to get infected and become very ill.
- If you are not in any of the categories above, the vaccine may be available at a later date.

**7. Will the seasonal flu vaccine be available?**

- **Yes**, the seasonal flu shot vaccine will be available while supplies last at the Weekday clinics.
- **However, the seasonal flu vaccine will not be available at any of the clinics this Saturday.**

**8. My child has asthma (or other health problems). Is he/she eligible for the H1N1 flu vaccine?**

- Yes, he/she can get the H1N1 shot, however, not the intranasal FluMist.

**Will the seasonal flu vaccine also protect against the H1N1 flu?**

**9. No, the seasonal or “regular flu” vaccine is not expected to protect against the H1N1 flu virus.**

**11. Can the seasonal vaccine and H1N1 vaccine be given at the same time?**

- Yes, you can get the seasonal flu shot and the H1N1 flu vaccine shot on the same day.
- The seasonal FluMist and the H1N1 FluMist can **not** be given together.

**12. I was vaccinated against the 1976 swine flu; do I need to get vaccinated against the new H1N1 flu virus?**

- Yes. People vaccinated in 1976 should still be given the H1N1 flu vaccine.

**13. How can I reduce the spread of H1N1 flu virus?**

- Clean your hands often
- Stay home when sick
- Cover your cough and sneeze and
- Get vaccinated against H1N1 swine flu this fall.

**14. What are the H1N1 flu symptoms?**

- Symptoms are similar to a common seasonal flu, including fever, cough, sore throat, body aches, headache, chills, vomiting, diarrhea and fatigue.
- Children might potentially be contagious for longer periods.

**15. What should I do if I feel sick?**

- Stay home and **DO NOT** go to school or work.
- If you are sick, stay home and stay away from others for 24 hours after the fever has subsided, without any fever reducing medications.
- Contact your healthcare provider for medical attention, if you have a fever of 100°F or more, a cough and/or sore throat.

- The Department of Public Health **does not** provide medical care for the H1N1 influenza.

**16. I have no health insurance and/or doctor, where can I go if I'm feeling sick?**

- The Public Health Department is directing individuals and families without health insurance to the following health centers:

Arrowhead Fontana Family Health Center  
16854 Ivy Avenue  
Fontana, CA 92335  
Telephone Number: **(909) 422-8029**

Arrowhead McKee Family Health Center  
2372 Sterling Avenue  
San Bernardino, CA 92404  
Telephone Number: **(909) 422-8029**

Arrowhead Westside Family Health Center  
1543 West 8<sup>th</sup> Street  
San Bernardino, CA 92411  
Telephone Number: **(909) 422-8029**

**17. What is the Public Health Department doing to reduce the spread of H1N1 influenza?**

- Public Health is actively monitoring the spread of the H1N1 influenza virus.
- Public Health is providing public information and working in conjunction with various health and community agencies, to reduce the spread of the H1N1 influenza.
- Public Health is routinely communicating with County authorities, the California Department for Public Health and the U.S. Centers for Disease Control and Prevention (CDC), to address the status of the confirmed and probable cases.

**18. If I register to receive the H1N1 Vaccine, do I need to place another order?**

- **Yes.** In any category if H1N1 vaccine, you get a partial order, you must:
- Re-order to get the balance of your order.
- For example, if you order 1000 FluMist, but get only 200, you must re-order the 800 to get the balance.
- Additional information will soon be available at [www.CalPanFlu.org](http://www.CalPanFlu.org)

**19. Where can I get more information?**

- If you have additional questions, call the Department of Public Health at **1 (800) 782-4264** between 8:00 a.m. and 5:00 p.m. Monday through Friday.
- Go to the California Department of Public Health website at [www.cdph.ca.gov](http://www.cdph.ca.gov) or call **1-888-865-0564**.
- Go to the U.S. Centers for Disease Control and Prevention website at: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or call **1-800-232-4636**.

Refer all media calls to Public Health Administration at 1-909-387-6218.