



## DEPARTMENT OF HEALTH

Jean M. Hudson, M.D., M.P.H.

Commissioner of Health

124 Main Street  
Goshen, New York 10924

Commissioner/Administration (845) 291-2332  
Nursing (845) 291-2330  
Environmental Health (845) 291-2331  
Early Intervention (845) 291-2333

Fax: (845) 291-2341

[www.orangecountygov.com](http://www.orangecountygov.com)

Edward A Diana

County Executive

August, 2009

Dear Parents:

### SEASONAL FLU:

The Orange County Department of Health and Orange County Medical Society wants to remind you that seasonal flu will soon be here. **The recommendation is for all children from 6 months to 18 years to receive season flu vaccination of FluMist** (unless there is a contraindication) and to do it early. Please contact your pediatrician or family physician to make arrangements for your family.

Seasonal flu shots are also recommended for anyone at any age who has an underlying medical condition like asthma or diabetes. Seasonal flu shots are also recommended for pregnant women which protects not only themselves, but their unborn child. (Please discuss with your Ob/Gyn doctor.)

In addition, as the oldest and youngest in our population are most at risk for seasonal flu, not only should they get a flu shot but so should anyone who spends time with them.

### SWINE FLU (Novel H1N1 Flu Virus):

We expect to receive a **second different vaccine** for this new strain of flu in the Fall. We know that this new strain has affected children and younger adults (less than 50 years) more than the elderly.

When the vaccine arrives we expect the first priority groups (after healthcare workers) to include children 6 months to 18 years (and those who work with them in schools and daycare), followed by pregnant women, children 6 months – 4 years of age not in daycare and their parents, and then adults less than 50 years old with underlying medical conditions.

**We expect that the “swine flu”/H1N1 vaccine will require two shots to be effective, probably a month apart.**

The most up-to-date information will be posted on the county website at [www.orangecountygov.com](http://www.orangecountygov.com). Please be aware that with a new virus in circulation, information and guidance can change frequently as the Center for Disease Control monitors the situation.

It is very important to **emphasize good hand washing and hygiene practices** with all the family to help prevent the spread of colds and flu. Disposal of tissues after coughing and sneezing and being sure to stay home from school when sick will also help protect our school community.

Sincerely,

Jean M. Hudson, M.D., M.P.H.  
Commissioner of Health

Mukesh Jhaveri, M.D.  
President  
Orange County Medical Society