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There has been a recent flood of reports on the news, in the newspapers and on the internet about the flu – both the “regular” seasonal flu and the H1N1 “swine” flu. The West Windsor-Hightstown-Robbinsville Health Department offers these important flu facts:

Each year, seasonal flu appears in the late fall/early winter and is gone by late spring. Seasonal flu shots are available to everybody through a variety of sources including private doctors, public clinics, and retail establishments such as pharmacies. The health Department will offer flu shots to senior citizens who reside in West Windsor, Hightstown or Robbinsville – call (609) 936-8400 for more information.

H1N1 flu vaccine is a novel (new) vaccine for a novel virus. We expect that vaccine availability, at least at first, will be limited although we anticipate that we will receive adequate vaccine for our high risk population. The priority, high risk groups who will be the first to be offered H1N1 flu vaccination include:

- Youth 6 months to 24 years of age
- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care providers and emergency medical service workers
- Adults between the ages of 25 and 64 who have certain medical/health conditions

Private health care providers who receive H1N1 vaccine must follow the same priority group protocol as the public health departments. After everyone in the priority groups who wants to be vaccinated has been vaccinated, public and private providers will then vaccinate others, as availability of vaccine allows. Both seasonal flu and H1N1 flu vaccine can be given at the same time, but in different sites (for example, one in each upper arm). Like seasonal flu shots, H1N1 flu vaccination is voluntary. In summary:

- The seasonal flu vaccine will protect you from regular “seasonal” flu, NOT the H1N1 “swine” flu.
- A vaccine to protect you from the H1N1 flu will be available later this fall
- It is important to be protected from BOTH seasonal flu and the H1N1 flu since both can make you sick.

For additional up-to-date information on H1N1 flu and vaccination, visit:

Centers for Disease Control – [.cdc.gov/h1n1flu](http://cdc.gov/h1n1flu)

New Jersey State Department of Health and Senior Services – [.state.nj.us/health](http://state.nj.us/health)

Local Health Department for Robbinsville – [.westwindsornj.org](http://westwindsornj.org)