

Dear Friends:

You may have noticed the spread of the H1N1 flu decreasing lately. What many don't know is that flu season typically lasts through May, and that past pandemics have occurred in waves. In other words, it's possible that we will see another increase in H1N1 and/or seasonal flu in the months ahead. That's why the U.S. Department of Health and Human Services has designated January 10-16 as National Influenza Vaccination Week. Below are some useful tips provided by the U.S. Department of Health and Human Services for you to share with your family and friends as you begin the New Year.

1. **Add the Vaccine to Your New Year's Resolutions List** – Getting vaccinated is the best way to protect yourself and your loved ones from the flu. To find the H1N1 and seasonal flu vaccine clinics nearest you, visit FLU.gov and type in your zip code. The Department of Health and Human Services recently teamed up with Google Maps to create this handy flu vaccine locator. Go ahead, try it out! NOTE: Please call ahead to the desired clinic location to confirm availability. Contact information is listed on the FLU.gov vaccine locator.
2. **Be a Germ Stopper** – Cover your nose and mouth when you cough or sneeze, wash your hands often, and avoid touching your eyes, nose and mouth. Germs spread this way. Also, stay home if you are sick and avoid close contact with people who are sick. For additional information, see [how to prevent and treat the flu](#).
3. **Check the Facts and Stay Informed** – Visit FLU.gov regularly for the latest information. Heard a rumor? Visit [Myths & Facts](#) to run a fact check.

If you've been vaccinated already, please share this email with friends and family and let them know [why the H1N1 vaccine is safe](#). The 2009 H1N1 flu vaccine is made the same way as the seasonal flu vaccine. Millions of people have safely received the H1N1 vaccine, [including the President, First Lady and their children](#).

Interested in doing more? Consider hosting an outreach activity or vaccination clinic during National Influenza Vaccination Week (January 10-16) and [share your plans with us](#). Or [post a flyer](#) at your work, school and local community centers. To learn more about National Influenza Vaccination Week, please visit www.FLU.gov/getvaccinated.

Questions? Visit FLU.gov or call the Centers for Disease Control and Prevention (CDC) hotline 1-800-CDC-INFO (1-800-232-4636), offering services in English and Spanish, 24 hours a day, 7 days a week.

Wishing you a happy and healthy new year from all of us at Stone Soup Group!