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SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

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**FOR IMMEDIATE RELEASE**

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## **HAND WASHING AWARENESS WEEK AND NATIONAL INFLUENZA VACCINATION WEEK**

(Sedgwick County, Kansas) – The Sedgwick County Health Department is promoting “Hand Washing Awareness Week” and “National Influenza Vaccination Week.” This year, both health campaigns occur December 6-12.

With the presence of H1N1, clean hands and vaccinations are especially important. The Health Department has resources on its Web site, [www.sedgwickcounty.org](http://www.sedgwickcounty.org) that provide information on proper hand washing and hygiene during flu season. According to the Centers for Disease Control and Prevention (CDC), hand washing is the single most important action one can take to prevent the onset of illness. With improved hand washing habits, the number of days students miss school and adults miss work will be greatly reduced.

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Another important preventative measure is to receive seasonal and H1N1 flu vaccines. The Sedgwick County Health Department has a *limited* number of seasonal flu vaccines remaining. For children under 10 years of age, two doses of seasonal flu vaccine are most effective. The Health Department is encouraging parents with children under nine years to bring their child in for a second seasonal flu vaccine. The seasonal flu vaccines will be administered at the Health Department located at 2716 W. Central. The West Central clinic is open Monday-Wednesday and Friday from 8 a.m. - 6 p.m. and Thursday from 12 p.m. - 6 p.m.

The H1N1 vaccine is NOT the same as the seasonal flu vaccine; both vaccines are needed to fully protect individuals this flu season. "Vaccination is the most effective way to prevent the flu. Be sure you and your family are fully vaccinated this flu season." says Health Director Claudia Blackburn.

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