

## Congressman Rothman Urges New Jersey Residents to Prepare for Flu Season as Initial Shipments of H1N1 Influenza Nasal Spray Arrive in the State

(Washington, DC) — A small number of local health departments and health care providers in New Jersey received initial shipments of nasal spray H1N1 flu vaccine on Tuesday October 6, 2009. Shipments to New Jersey of both the injectable and nasal spray H1N1 vaccine will continue throughout the season.

“I am pleased that this important resource has begun to arrive in New Jersey. At the federal level, we have been working closely with cities, states and across governmental agencies to make sure we have a rapid, coordinated response to the resurgence of H1N1 influenza this flu season. In the last few months, the federal government has sent more than \$350 million in federal grants to states and hospitals to help them strengthen their flu response. I will continue working to ensure that New Jersey residents are prepared to weather this flu season,” said Congressman Rothman.

The Centers for Disease Control recommends that several high-risk groups receive the vaccination first. This includes pregnant women, caretakers for children younger than 6 months of age, healthcare personnel, persons between 6 months and 24 years of age, and people ages of 25 through 64 years old who have chronic health disorders or compromised immune systems. The H1N1 nasal mist vaccine is only recommended for healthy people between the ages of 2 and 49 who are not pregnant. The New Jersey Department of Health and Senior Services is targeting the nasal mist for healthy children between the ages of 2 and 18 and healthcare workers.

The State of New Jersey has a toll-free public information hotline, which is available from 9 a.m. to 5 p.m., Monday through Friday. The information line number is 1-866-321-9571. Call center operators will be able to provide general information about H1N1, vaccine safety and availability information, symptoms of H1N1, and flu preventive measures.

Free vaccinations for the 1.2 million uninsured New Jerseyans will be offered at public health clinics and community health centers in every county throughout the state. For those who are insured, many health care providers will eventually have the vaccine.

“In addition to getting flu shots, everyone has a responsibility in slowing the spread of H1N1 and the seasonal flu virus. The most important ways of preventing the spread of H1N1 and other viruses are also the most simple. All of us should be washing our hands frequently, covering our coughs and sneezes and staying home if we feel sick,” added Rothman.

More information on H1N1 influenza and seasonal influenza, including locations of vaccine providers in New Jersey, can be found at the New Jersey Department of Health and Senior Services website, [www.nj.gov/health/flu](http://www.nj.gov/health/flu), or at [Flu.gov](http://Flu.gov), the US Government’s one-stop portal for H1N1, avian and pandemic flu information.

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