



## Facts About Flu Vaccines

A flu vaccine is one of the best ways to protect yourself against influenza. This season, there is a flu vaccine to protect against seasonal flu viruses and a separate vaccine to protect against H1N1 influenza, sometimes called swine flu. People will need both, because the seasonal vaccine will not provide protection against the new H1N1 virus.

There are two types of vaccine available. Both have been thoroughly tested and approved by the Food and Drug Administration.

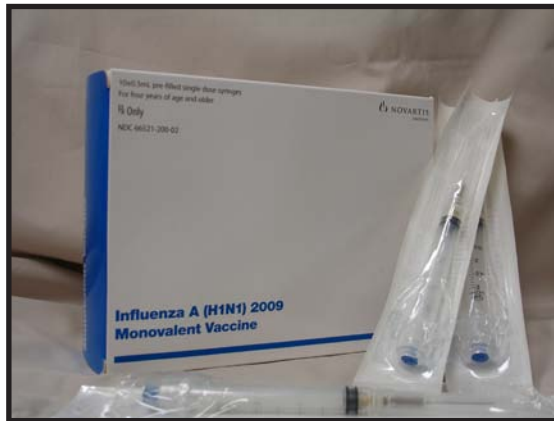
**Flu shot.** This is the traditional type of vaccine, given by injection, usually into the arm. It is an inactivated vaccine, which means it contains killed virus. The shot is approved for use in people six months of age and older, including people with chronic medical conditions and pregnant women. The same manufacturers who produce seasonal flu shots are producing H1N1 flu shots for use this season. The H1N1 shot is made in the same way that the seasonal flu shot is made.

**Nasal spray vaccine.** Also known by the brand name FluMist®, this vaccine is made with live, weakened viruses that do not cause the flu. Nasal spray vaccine is approved for use in healthy people between two and 49 years of age who are not pregnant. FluMist for seasonal flu was first introduced in 2003. This H1N1 formulation is made and given in the same way as the regular seasonal vaccine.

Flu vaccines have a long track record of safety and effectiveness. However, the ability of a flu vaccine to protect a person depends on the age and health status of the person getting the vaccine, and the similarity or “match” between the viruses or virus in the vaccine and those in circulation. The Centers for Disease Control and Prevention (CDC) analyzes circulating influenza viruses on an ongoing basis to determine how closely matched they are to viruses contained in the vaccine and publishes the information weekly in [FluView](#).

Many people have expressed concern about thimerosal, a preservative used in some of the injectable vaccine supply. There is no convincing scientific evidence of harm caused by the tiny amount of thimerosal in vaccines. However, there are preservative-free vaccine formulations available for those who want them. Be aware though that because flu vaccine supplies are tight, your health care provider may not have thimerosal-free shots available. The Missouri Department of Health and Senior Services has granted an exemption to allow pregnant women and parents of children less than three years old to choose whether to receive flu vaccine containing preservative. The waiver will remain in effect until manufacturing delays ease.

See **Vaccine Facts** on Page Two



H1N1 vaccine began arriving in St. Charles County in mid October

See **Vaccine Facts** on Page Two

## From the Director



Gil Copley

Since the beginning of October, local health departments across the state of Missouri have had little time to do anything but deal with the demands of responding to the H1N1 influenza outbreak. Activities have included using previously written pandemic preparedness plans to guide preparation for the arrival of H1N1 disease, H1N1 vaccines, and antiviral drugs.

The education and information efforts of health departments across the state, aided by local and national media, have successfully informed the public about novel H1N1 influenza, the risks associated with the disease, and steps to take to try to avoid being infected. One of the best sources for this type of information is [www.FightTheFluMO.com](http://www.FightTheFluMO.com). This campaign was developed by the public information officers of several larger health departments in Missouri and is supported by most of the 114 local public health departments in the state.

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# Vaccine Facts

From Page One

Margaret Donnelly, director of the state health department, said, "We know that pregnant women and young children are the most susceptible to this illness. But delays in vaccine production have created a situation where the most vulnerable people were left without protection." Donnelly urged pregnant women and parents of young children to consult their health care provider to determine which vaccine is appropriate for them.

Flu season typically begins in October and can last through May. In addition, flu activity can come in waves. Communities could be hit more than once over the course of the season. If you have not yet done so, now is the time to contact your health care provider about getting both your seasonal and H1N1 flu vaccinations. In St. Charles County, more than 100 health care providers have signed up to give out H1N1 flu shots. In addition, several agencies are planning public H1N1 shot clinics for November. Watch [www.scchealth.org/swineflu](http://www.scchealth.org/swineflu) or [www.FightTheFluMO.com](http://www.FightTheFluMO.com) for the latest updates.

In the midst of the push for flu vaccinations, it is important to remember that these vaccines do not protect against other viruses that cause respiratory illnesses. Even after you are vaccinated, you should continue to wash your hands often, to cover your coughs and sneezes, and to stay home if you are sick.

For more information on flu vaccines visit [www.flu.gov](http://www.flu.gov).

# Make a Wish Come True for PAC

Do you want to help out our furry friends? The St. Charles County Pet Adoption Center can use your donations! The wish list below outlines the items that are always needed.

## Cats

- Dry food
- Canned food (loaf-type, no slices or chunks)
- Treats
- Cat litter
- Shoe boxes
- Cat beds
- Nail clippers
- Baby rice cereal
- Toys (small items that can be put in cages, hang on cages, or feather items on sticks)

## Dogs

- Canned food (loaf-type, no slices or chunks)
- Treats (biscuits, Beggin Strips, Snausages, etc.)
- Kongs (any size)
- Pig ears
- Chewees
- Denta-Bones
- Toys (stuffed animals, rubber balls, rubber chew toys)
- Bandanas
- Grooming supplies (shampoo, brushes, nail clippers, etc.)

## Miscellaneous

- Squeegee
- Plastic squirt bottles
- Dish soap
- Laundry detergent
- Bleach
- Scrubby sponges
- Window cleaner
- Household cleaners
- Zip lock bags (gallon size)
- Trash bags (any size)
- Paper towels
- Batteries (AA, AAA, D size)
- Towels and blankets
- Wild bird seed or thistle seed

## Special Needs

- Large dog houses
- Feeding bottles for kittens and puppies
- Heating pads (without auto shutoff)
- Black light
- KMR - Kitten Milk Replacer
- Esbilac - Puppy Milk Replacer
- Lipiderm
- L-Lysine capsules
- Fish oil capsules
- Vitamin C capsules
- Peppermint oil or eucalyptus oil for vaporizers

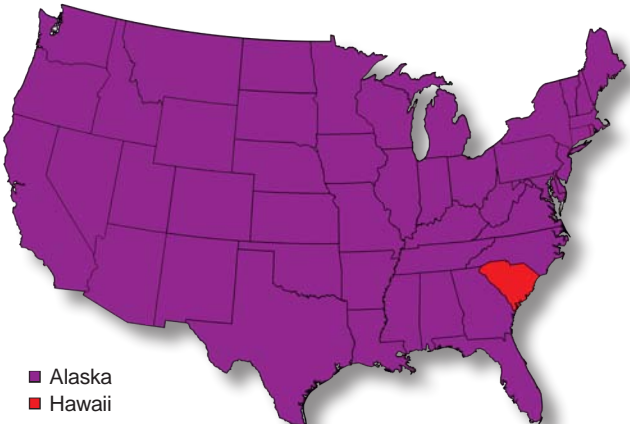
# FIGHT THE FLU

Protect Yourself  
Protect Your Family  
Protect Your Community

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

## H1N1 Flu Update

CDC report for the week ending October 30, 2009.  
Follow [this link](#) for the latest map.





- Alaska
- Hawaii

- No Activity/No Report
- Sporadic
- Local
- Regional
- Widespread

## HAPPY THANKSGIVING!

### St. Charles County Government offices will be closed on

### Thursday, November 26 and Friday, November 27

# Gobble Up Thanksgiving Food Safety Tips



Turkey, stuffing, mashed potatoes, and pumpkin pie...there's nothing like a big Thanksgiving dinner. However, if you're not careful, that feast can be an invitation to beasts like Salmonella, E. coli, or other organisms that cause food-borne illnesses.

Fortunately, holiday food safety is just a matter of degrees. Most people buy their Thanksgiving trimmings ahead of time, so it's important to make sure your refrigerator is maintaining a temperature between 36 and 40 degrees Fahrenheit. Your freezer should maintain a temperature of zero or below.

There are many debates on the merits of fresh versus frozen turkey. No matter which type you choose, be sure you handle it properly. Fresh turkeys should be purchased no more than 48 hours before cooking. Keep the bird in the refrigerator on a tray to catch any juices that may leak. If you are using a frozen turkey, be sure to plan enough time for proper thawing. A 16-pound turkey will take about four days to thaw in the refrigerator. If you need to speed up the

process, you can safely thaw a turkey in cold water. Allow eight to ten hours for a 16-pound turkey, and be sure to change the thawing water every 30 minutes. Never thaw a frozen turkey on the kitchen counter.

Many people prepare their dishes the night before Thanksgiving and refrigerate them so that all they have to do is pop them in the oven the next day. While this technique is fine for many foods, one thing you should never do is stuff your turkey ahead of time. Bacteria love to breed in warm, dark, moist places.

When it is time to cook, be sure everything you prepare is cooked to the proper temperature. Poultry, soups, and stuffing should be cooked to a temperature of 165 degrees Fahrenheit. Uncooked ham, beef roasts, fish, and lamb should be cooked to 145. Use a food thermometer to ensure food is reaching the proper temperature.

Keeping clean is also a big part of the food safety equation. Regular handwashing is essential, especially after handling raw meat. Make sure your kitchen is sanitary by washing countertops and other food preparation surfaces with soap and water on a regular basis.

After the Thanksgiving feast, refrigerate leftovers within two hours after cooking. Avoid leaving food in the "danger zone" of 40 to 140 degrees. Leftovers should be reheated to 165 degrees. If you use a microwave to reheat food, be sure to stir it several times to avoid "cold spots," and let it stand for two minutes to distribute the heat evenly.

For more tips, visit [Seasonal Food Safety](http://SeasonalFoodSafety.usda.gov) at usda.gov.

Helpful Phone Numbers	
Division of Public Health (636) 949-7400	WIC (636) 949-7402
Health Education (636) 949-7401	Recycle Works Central (636) 949-7900, ext. 4267
Vital Records (636) 949-7558	Recycle Works West (636) 949-7900, ext. 4271
Health/STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center (636) 949-7387
Office of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

## Salute Our Veterans

St. Charles County Government  
offices will be closed on  
Wednesday, November 11



## H1N1 Vaccine InfoLine

24 hours a day  
7 days a week

**toll-free**  
**1-877-FLU-4141**  
 (877-358-4141)

Public Health  
Prevent. Promote. Protect.

# Food Safety for Transplant Recipients

## Adapted from USDA

Food safety is important for everyone - but especially those who have received an organ or bone marrow transplant. The U.S. Department of Agriculture (USDA) has developed practical guidelines to help transplant recipients reduce their risk of foodborne illness. Patients are also encouraged to check with their health care provider to identify foods or other products they should avoid.

Foodborne illness, also known as food poisoning, affects nearly 76 million Americans each year, according to the Centers for Disease Control and Prevention (CDC). Of those, about 325,000 are hospitalized, and 5,000 people die from foodborne illness. Many of these people are very young, very old, or have weakened immune systems.

Transplant recipients are at especially high risk from foodborne illness because they commonly take medications to prevent rejection of the transplant. These immunosuppressive medications are needed to prevent the body from attacking the transplant, but they also leave patients more susceptible to developing infections. To avoid contracting a foodborne illness, transplant recipients and their families must be especially careful when handling, preparing, and consuming foods.

Some foods are more risky than others. In general, the foods that are most likely to contain harmful organisms fall

into two categories.

- Uncooked fresh fruits and vegetables.
- Animal products such as unpasteurized milk, soft cheeses, raw eggs, and raw or undercooked meat.

If you have questions about the best food choices for you, talk to your health care provider or transplant coordinator. If you are unsure about the safety of a particular food, don't take chances. Avoid consuming the item in question, and make another choice instead.

It's also important for transplant recipients to be smart when eating out. Read the menu carefully, ask questions before you order, and observe your food when it is served. Be sure to tell your server that you don't want any food item containing raw meat, poultry, fish, or eggs. Transplant recipients should avoid buffet style restaurants, as they may serve undercooked foods or foods that have been at room temperature too long. If you are ever in doubt about a



More than 35,000 Americans receive a solid organ or bone marrow transplant every year

menu item, make another selection.

If, despite your best efforts, you do suspect you have a foodborne illness, contact your health care provider right away. Symptoms of foodborne illness include nausea, vomiting, fever, and diarrhea. If you have any of these symptoms, seek treatment immediately.

For more information about food safety, visit [www.fsis.usda.gov](http://www.fsis.usda.gov) or call toll-free 1-888-674-6854.

## Smart

## Menu

## Choices

### Choose

- ✓ Hard or processed cheeses
- ✓ Fully cooked meats
- ✓ Fully cooked smoked seafood
- ✓ Hot dogs heated to steaming
- ✓ Grilled sandwiches (fillings heated to steaming)
- ✓ Fully cooked eggs (firm yolk and whites)

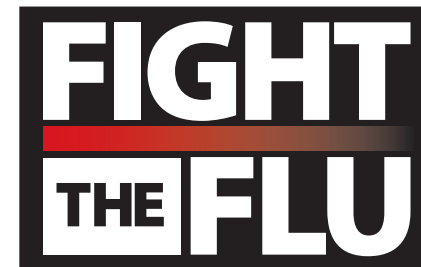
### Avoid

- ✗ Cheeses made from unpasteurized milk
- ✗ Raw or undercooked meats
- ✗ Raw or undercooked seafood
- ✗ Cold hot dogs
- ✗ Sandwiches made with cold deli or luncheon meat
- ✗ Soft-boiled or "over-easy" eggs (runny yolks or whites)

# Is that a *needle?!*



Let's face it: shots are no fun. But getting the flu could be even worse. Children are at especially high risk from the new H1N1 flu, also known as swine flu. Talk to your child's health care provider about getting both the seasonal and H1N1 flu vaccinations.



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