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**Technical questions:**

## **H1N1 vaccination for a healthy New Year Weekly H1N1 update for Tuesday, Dec. 29**

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As 2009 reaches its end, Oregon Public Health officials are hoping that 2010 will be the year that widespread vaccinations stop pandemic H1N1 from spreading.

"The very best protection against a repeat of the 2009 pandemic is vaccination," says Richard Leman, MD, Oregon Public Health epidemiologist.

Leman points out that pandemic H1N1 hit Oregon earlier than the normal flu season, causing hospitalizations and death for high-risk populations. Over the past month, new cases have declined but H1N1 is still circulating in the state at the same time that the regular flu season may be just around the corner.

"We may see another wave of pandemic H1N1 along with seasonal flu," says Leman. "The best way to keep yourself and others healthy in the New Year is to get vaccinated today."

Supplies of H1N1 vaccine are good and are keeping up with demand. By the end of 2009, more than 1.2 million doses of H1N1 will have arrived throughout the state. Many pharmacies in supermarkets and chain stores now have both H1N1 and seasonal vaccines; pharmacists can immunize

anyone age 15 and older. Health care providers and public clinics also have vaccine.

People at high risk for complications from the flu include pregnant women, young children and people with underlying health conditions such as asthma and diabetes. Since Sept. 1, 1,295 people in Oregon have been hospitalized with laboratory-confirmed flu and 63 people have died. Nationally, according to Centers for Disease Control and Prevention estimates, more than 200,000 people have been hospitalized with flu and almost 10,000 have died since the beginning of the pandemic.

For more information, visit [www.flu.oregon.gov](http://www.flu.oregon.gov) or call the Oregon Public Health Flu Hotline at 1-800-978-3040.