

themselves from the flu and getting vaccinated is the best way to do it. Experience from past influenza pandemics, tells us that there may be a third wave of illness associated with H1N1.”

In mid-December, the Governor announced that the H1N1 vaccine was now available to all those who wished to be vaccinated against the H1N1 flu virus. The vaccine was first made available to priority groups, such as pregnant women, small children and first responders, as designated by the Centers for Disease Control and Prevention (CDC).

There are two separate vaccines this flu season. One vaccine protects people from the 2009 H1N1 flu virus and the second vaccine protects people from seasonal flu. People who would like to be vaccinated against seasonal or H1N1 flu should contact their health care provider or visit www.ct.gov/ctfluwatch/fluclinic for information on finding a clinic in their area. Vaccinations are also available for the H1N1 flu at public clinics at no charge. A list of public clinics is available online at http://www.ct.gov/ctfluwatch/lib/ctfluwatch/h1n1/clinic_list.pdf.

For more information on H1N1 flu, please go to www.ct.gov/ctfluwatch.