



TRIPLER ARMY MEDICAL CENTER

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For Immediate Release

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FOR IMMEDIATE RELEASE

Tripler receiving limited supply of H1N1 Vaccine

Tripler Army Medical Center—Hawaii has received a limited supply of the H1N1 vaccine. At this time, target groups for vaccination include:

- beneficiaries who are pregnant,
- household contacts of beneficiaries less than six months old;
- children 6 months through 4 years old; and
- healthcare staff with direct patient contact.

Children 5 years and older are urged to get vaccinated through their school-based H1N1 vaccination program scheduled through mid-December. More information is at: www.flu.hawaii.gov.

Children and adolescents with chronic medical conditions should contact their primary care provider for vaccine availability.

A limited shipment of DOD-procured H1N1 vaccine is available for Soldiers who are deploying.

As more vaccine becomes available, those younger than 65 years of age with specific chronic diseases like asthma and neuromuscular disease will be vaccinated.

We anticipate more vaccine will arrive by late November, and we will be able to offer vaccine to our entire beneficiary population, said Col. Michael Sigmon, preventive medicine chief for the Army's Pacific Regional Medical Command and Tripler Army Medical Center.

For updated information about the military vaccination program, please call the Flu Hotline (433-1FLU), check with your healthcare provider, or visit the Tripler Army Medical Center webpage, "Fight the Flu."

Sigmon noted that because children younger than nine years old are still developing their immune system, they must receive the H1N1 vaccination in two doses spread 28 days apart. The Department of Health H1N1 vaccination clinics at the schools will administer only the first dose. Parents must

arrange for children younger than nine years old to get their second dose through their doctors or clinics.

The best resistance to the H1N1 virus remains common sense personal hygiene, noted Sigmon.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it, or sneeze in your sleeve.
- Wash your hands often and thoroughly, with soap and water, especially after coughing and sneezing. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Clean regularly, knobs, telephones and items that many people use or touch. Germs spread this way.

- Try to avoid close contact with sick people.

If you are sick with flu-like illness, stay at home, to prevent others from getting sick. Stay away from other people for at least 24 hours after your fever is gone, after you have stopped using any fever-reducing medicine. Health care workers should also remain on home isolation for 24 hours after their fever is gone.