

Barton ready to dole out free H1N1 vaccine

By Denise Sloan Smart

Most of us take time to exercise, read food labels while grocery shopping and take the time to make good lifestyle choices to lead a healthier life. Now it's time to make time to get the free H1N1 swine flu vaccine.

Choose Jan. 28 at Bijou Community School or Feb. 3 at South Tahoe Middle School to get your free H1N1 swine flu vaccine, courtesy of Barton Health in partnership with the Lake Tahoe Unified School District, El Dorado Public Health Department and Hallador Legacy Fund.



Barton
Pharmacy
techs, from
left, Michelle
Murphy and Tim
Mattson are
assisted by
Barton
pharmacy
Director Barry
Keil in
separating the
H1N1 vaccines
into

individual

doses.

Photo/Provided

These two vaccine clinics are open to everyone ages 6 months and older. It's also a convenient time for children ages 9 and younger who need a second dose.

"During the holidays, we saw a decrease in the number of H1N1 flu cases," said Roberta Stillwell, registered nurse and Barton's Patient Safety Officer. "However officials are expecting the number of cases to spike again before spring and we want to make sure we vaccinate as many people as possible.

"Plus, the risks of being vaccinated far outweigh the risks of not being vaccinated and then catching the H1N1 virus."

The H1N1 swine flu virus is most dangerous to children, teens, those who have chronic health conditions and pregnant women.

The H1N1 vaccine was manufactured and FDA approved in the same way that the season flu vaccine is created, so it's just as safe as the seasonal flu vaccine.

Barton Health has not received any of the recalled vaccine doses.

The Jan. 28 clinic at Bijou School is from 4-6:30pm and the Feb. 3 clinic at STMS is from 3-6pm.

To prevent yourself from becoming ill, use everyday preventive actions: Wash your hands often with soap and water for at least 20 seconds each time. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth because germs spread this way and avoid close contact with sick people.

For details on Barton's H1N1 vaccine clinics, call (530)

543-5615.

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