

## H1N1 Vaccine Information

The CDC recommends influenza vaccination as the first and most important step in protecting against the flu. CDC is encouraging anyone who wants to protect themselves against 2009 H1N1 to get vaccinated, including [people 65 years and older](#). While less likely to get sick with 2009 H1N1 than younger people, people 65 and older are at high risk of serious complications if they do become ill. Vaccination of people with certain health conditions also is important because they are at higher risk of serious flu-related complications. [Health conditions that increase the risk](#) of being hospitalized from 2009 H1N1 include lung disease like [asthma](#) or [chronic obstructive pulmonary disease \(COPD\)](#), [diabetes](#), [heart](#), or neurologic disease, and [pregnancy](#).

Effective December 10, 2009, H1N1 vaccine can now be administered to anyone who wishes to receive it and for whom it is not [contra-indicated](#). Children less than 10 years old need two (2) vaccinations which are separated by at least 21 days.

If you would like to receive vaccination against H1N1 for yourself or your child, please contact your health care provider. If your health care provider does not have the vaccine, then please call the Erie County Department of Health (ECDOH) at (716) 891-7711 to schedule an appointment for a H1N1 vaccination. You may also find additional locations that may offer flu vaccination at [Google Flu Shot Finder](#).