



# The Monmouth County Board of Health

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## A Message from Your Health Officer...

### H1N1 Influenza: Preventing Illness, one vaccine at a time!

The mission of the Monmouth County Health Department is to protect the health and welfare of the residents within the Board of Health system. Towns covered by the services of the Monmouth County Board Health System are: Aberdeen, Allentown, Asbury Park, Atlantic Highlands, Avon, Belmar, Bradley Beach, Englishtown, Farmingdale, Hazlet, Howell, Lake Como, Manasquan, Marlboro, Matawan, Millstone, Neptune Twp, Neptune City, Oceanport, Ocean Grove, Roosevelt and Union Beach.

The Monmouth County Health Department is a full-service health department providing residents with health education, clinical and preventive health services, environmental and consumer health programs, communicable disease control and public health preparedness.

In April of 2009, our department staff followed the identification of H1N1 Influenza, and adhered to guidance set forth by the New Jersey State Department of Health and Senior Services and the Centers For Disease control and Prevention in regards to seasonal and H1N1 influenza. The Department's goal is to provide the community with the most up-to-date information regarding presence of influenza in your town, the county, the state, and around the globe.

The fall of 2009 was quite a busy time in our department! Between September 2009 and January 2010 we provided H1N1 vaccination to over 13,000 individuals in 40 clinics held within our member municipalities. Each clinic is provided by our team of public health nurses, health educators, environmental staff, and Medical Reserve Corp volunteers in conjunction with local Offices of Emergency Management and School personnel. Our vaccination efforts will continue through the month of March.

In addition to vaccination, we encourage residents to reduce the spread of the H1N1 flu by using some good hygiene habits. You need to wash your hands thoroughly to protect yourself from germs and cover your nose and mouth with a tissue or your sleeve when you cough and sneeze. If soap and water are not available and you are using a hand sanitizer, be sure it is at least 60 percent alcohol.

The Monmouth County Health Department Preparedness Team continues to monitor the presence of influenza, and to work with schools, hospitals and other health care providers as we continue flu surveillance. Flu symptoms generally include cough, sore throat, fever, headache, muscle pain, chills and fatigue.

I invite each of you to visit our website at [www.visitmonmouth.com](http://www.visitmonmouth.com) or call for more information at 732-431-7456.

Be Well,  
Michael A. Meddis, MPH  
Health Officer