

## H1N1 Vaccine Availability

**H1N1 Vaccine will be offered Free on a first come first served basis at the City of La Mirada Community Gymnasium on Saturday November 7<sup>th</sup>, 9am – 5pm, and Tuesday, December 1<sup>st</sup> & 15<sup>th</sup>, 1pm – 9pm.**

Location:

City of La Mirada Community Gymnasium

15105 Alicante Rd.

La Mirada

Due to shipment delays and high demand, the Biola Student Health Center has not yet received any H1N1 vaccine. While the Health Center remains in contact with Los Angeles County Public Health Department (LACPHD) weekly they cannot guarantee shipment of vaccine to us. As vaccine production and supply increases, the Biola Student Health Center anticipates receiving the vaccine unless we hear otherwise from the LACPHD.

We are still encouraging everyone to:

- Self isolate if you have fever, chills, body aches, sore throat and cough for at least 24 hours after fever ends **without using a fever reducer.**
- Continue to use good hygiene and wash hands frequently with soap and water or use a Gel sanitizer.
- Avoid touching eyes, nose, or mouth since germs are spread that way.
- Avoid close contact with sick people (3 to 6 feet).
- Cover nose and mouth with a tissue when coughing or sneezing.
- If flu symptoms cause shortness of breath, difficulty breathing, chest pain, chest pressure, tightness in chest, or are unable to keep anything down due to vomiting or diarrhea, then you should seek care at your primary doctor, an Urgent Care or Emergency room.