



www.gloucestercountynj.gov

A publication of the  
Gloucester County Board  
of Chosen Freeholders  
Issue 5 2009



## Taking the Confusion Out of Flu Shots & the H1N1 Vaccine

Your health is the most important thing you have. As your elected officials we take our responsibility to protect the health and welfare of our citizenry above all else. As we have in the past, the Board of Chosen Freeholders will provide regular seasonal flu shots to county residents without charge. We understand that in today's economy taking time from your job to get your shot, or to recover from the flu, could cause financial strain on your family. That is why we encourage you to be protected and receive your flu shot. In fact, we have scheduled flu shot locations at all times during the day, on weekends and throughout the county for your convenience.

This year's flu season is different than any other. In addition to the regular strains of flu, there is H1N1 (Swine Flu). As of this point in time H1N1 vaccine, which will be an additional inoculation to the regular flu shot, is not available. As soon as the Gloucester County Department of Health receives the H1N1 vaccine, the county will follow all CDC guidelines to distribute it.

There are two different types of vaccines this year – the regular annual Flu Shot that protects you from the seasonal flu, and the H1N1 vaccine. We want you to understand that when you attend a County Flu Shot Clinic you will receive the regular seasonal Flu Shot. When the county receives the H1N1 vaccine, clinics will be advertised. We hope you read through the information provided and make the time to get your seasonal Flu shot. Please call the Gloucester County Department of Health's Flu Hotline at (856) 218-4141 if you should have further questions.



### The Gloucester County Board of Chosen Freeholders

*Stephen M. Sweeney*  
Freeholder Director

*Jean DuBois*  
Freeholder Liaison, Department  
of Health & Senior Services

*Board of Chosen Freeholders  
standing: Joseph A. Brigandi, Jr.,  
Warren S. Wallace, Jean DuBois,  
Frank J. DiMarco, Giuseppe (Joe) Chila  
sitting: Stephen M. Sweeney, Director  
Robert M. Damminger, Deputy Director*

### What you should know about H1N1.

#### When the H1N1 vaccine is available who will be able to receive the vaccination?

The CDC does not expect that there will be a shortage of novel H1N1 vaccine, but availability and demand may be unpredictable. If this happens, below are those groups that will receive vaccine first:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care and emergency medical services personnel with direct patient contact
- Children 6 months through 4 years of age
- Children 5 through 18 years of age who have chronic medical conditions

#### When does the County Health Department anticipate having the H1N1 vaccine available?

- The County Health Department has applied to receive H1N1 vaccine from the State.
- The vaccine is anticipated to be received by November.

#### Where can I learn more?

- Gloucester County has created a special H1N1 hotline where you can ask questions.  
**The hotline is (856) 218-4141.**

**Read more about H1N1 and get the  
Gloucester County Flu Schedule Inside**



## Is it Swine Flu? What you should do:

### What are the symptoms of H1N1?

- Symptoms of H1N1 are similar to the symptoms of seasonal flu and include: fever, cough, sore throat, body aches, headache, chills, fatigue (tiredness), and some people have reported diarrhea and vomiting associated with swine flu.
- You should contact your primary care physician if you have the above symptoms.

### If I have a family member at home who is sick with H1N1 flu, should I go to work?

- Employees who are well but who have an ill family member at home with H1N1 can go to work, but they should monitor their health every day. They should take everyday precautions including washing hands often with soap and water, especially after they cough or sneeze. Alcohol-based hand cleaners are also effective.
- If they become ill, they should notify their supervisor and stay home.
- Employees who have an underlying medical condition or who are pregnant should call their health care provider for advice, because they might need to receive influenza antiviral drugs to prevent illness.

### What is the best way to keep from spreading the H1N1 virus?

- Keep away from others as much as possible. Clean your hands every time you cough or sneeze.
- CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. Your fever should be gone for 24 hours without the use of a fever-reducing medicine.

### Is it really important that I get the seasonal flu vaccine?

- Yes! Every year in the United States, on average 5% to 20% of the population gets the flu. More than 200,000 people are hospitalized from flu complications each year, and about 36,000 people die from flu-related causes, however most healthy people who get the flu recover on their own.

### Where can I learn more?

- Gloucester County has created a special H1N1 hotline where you can ask questions. **The hotline is (856) 218-4141.** We also have many resources and a direct link to the CDC regarding the status of the swine flu investigation in the US. Visit [www.gloucestercountynj.gov](http://www.gloucestercountynj.gov) for more information.

## What about my regular Flu Shot?

### These are the guidelines followed for the Gloucester County Seasonal Flu Immunization Program:

- The Center for Disease Control (CDC) recommends the Season Flu Vaccine for all persons aged 6 months and over.
- The Seasonal Flu vaccine is available to County residents only, proof of residency is required.
- Drive-Thru clinics have been scheduled to accommodate those citizens that have difficulty walking or standing in lines.

### Children and the Flu Vaccine:

- Children are encouraged to see their own pediatrician for their vaccine.
- Children under the age of 5 without a Pediatrician should attend the scheduled 'Children's Clinics'.
- Children ages 6 months-18 years must be accompanied by a parent or legal guardian.
- Children under the age of 9 receiving flu immunization for the first time need two shots. The second shot will be scheduled when the first shot is provided.
- Preschool children (6 months to 59 months) attending a licensed day care facility are required to have received their flu immunization to attend daycare in 2010.

### Some people should check with a doctor before taking flu vaccine:

- Persons on immunosuppressive therapy (cancer treatment or steroid therapy)
- Those with a fever or who have been ill with something more serious than a cold in the last 48 hours

### Some people should only receive their flu vaccine from their doctor:

- Those with a severe allergy to any vaccine component
- Those who are allergic to eggs
- Those with multiple sclerosis, previous attacks of GBS, or other recurring or persistent neurological illness

### More Questions?

- Call the Gloucester County Department of Health's Flu Hotline at (856) 218-4141 if you have any questions or concerns about the Seasonal Flu Shot or H1N1.

# Gloucester County's 2009 Influenza

## Saturday, October 17

9:00 – 11:00 a.m.

### **Drive Thru for the Physically Disabled**

County Clayton Complex  
1200 N. Delsea Drive  
Clayton, NJ 08012

## Monday, October 19

9:00 – 11:00 a.m.

### **Drive Thru**

Regal Theater  
151 American Blvd.  
Turnersville, NJ 08012

**AND**

1:00 – 3:00 p.m.

St. Patrick's Parish Life Center  
96 Green Street  
Woodbury, NJ 08096

## Tuesday, October 20

9:00 – 11:00 a.m.

Incarnation Church  
234 Main St.

Mantua, NJ 08051

**AND**

6:00 – 8:00 p.m.

Woolwich Twp. Municipal Bldg.  
120 Village Green Dr.  
Woolwich Twp, NJ 08085

## Wednesday, October 21

10:00 – 12:00 noon

Our Lady of Lourdes Church  
500 Greentree Rd.

Glassboro, NJ 08028

## Thursday, October 22

1:00 – 3:00 p.m.

### **CHILDREN'S FLU CLINIC\***

Gloucester County Health Dept.  
204 E. Holly Ave.  
Sewell, NJ 08080

## Saturday, October 24

9:00 – 11:00 a.m.

### **Drive-Thru**

Gloucester County Institute of  
Technology  
1360 Tanyard Road  
Deptford, NJ 08096

## Monday, October 26

10:00 – 12:00 Noon

Gloucester County Community  
Church  
259 Chapel Heights Road  
Sewell, NJ 08080

**AND**

4:00 – 6:00 p.m.

Parkview School  
101 Birch St.  
Westville, NJ 08093

## Tuesday, October 27

10:00 – 11:30 a.m.

Church of the Nazarene  
227 N. Broadway  
Pitman, NJ 08071

**AND**

1:30 – 3:00 p.m.

Glassboro Senior Center  
152 S. Delsea Drive  
Glassboro, NJ 08028

**AND**

6:00 – 8:00 p.m.

Church of the Holy Family  
226 Hurffville Road  
Sewell, NJ 08080

## Wednesday, October 28

10:00 – 11:30 a.m.

Trinity Methodist Church  
351 Delsea Drive  
Calyton, NJ 08312

**AND**

1:00 – 2:00 p.m.

Bethesda Methodist Church  
1435 Kings Highway  
Swedesboro, NJ 08085

## Thursday, October 29

10:30 – 12:00 Noon

Gibbstown Library  
411 Swedesboro Road  
Gibbstown, NJ 08027

**AND**

## Thursday, October 29

1:30 – 3:00 p.m.

DREAM Park  
400 U.S. Route 130 S.  
Logan Twp. NJ 08085

**AND**

4:00 – 7:00 p.m.

**CHILDREN'S FLU CLINIC\***  
Gloucester County Health Dept.  
204 E. Holly Ave.  
Sewell, NJ 08080

## Friday, October 30

10:00 – 12:00 p.m.

Deptford Senior Center  
1341 Tanyard Road  
Deptford, NJ 08096

## Saturday, October 31

9:00 – 11:00 a.m.

Fire Training Center  
Shady Lane & County House Rd.  
Clarksboro, NJ 08021

**AND**

1:00 – 3:00 p.m.

Gloucester County Library  
Wolfert Station Road & Route  
45  
Mullica Hill, NJ 08062

## Monday, November 2

9:00 – 11:00 a.m.

RiverWinds Community Center  
1000 RiverWinds Drive  
Thorofare, NJ 08086

**AND**

1:00 – 3:00 p.m.

St. Matthew's Baptist Church  
245 Glassboro Road  
Williamstown, NJ 08094

## Wednesday, November 4

10:00 – 11:30 a.m.

S. Harrison Twp. Municipal  
Bldg., 664 Harrisonville Road  
Harrisonville, NJ 08039

**AND**

*\*CHILDREN'S FLU CLINIC is for families with children 18 & under.*

# Schedule & Immunization Guidelines

## Wednesday, November 4

1:00 – 2:00 p.m.  
Newfield Municipal Building  
18 Catawba Ave  
Newfield, NJ 08344

## Thursday, November 5

10:00 – 11:30 a.m.  
National Park Fire Hall  
Hessian & Grove Roads  
National Park, NJ 08063

## Saturday, November 7

9:00 – 11:00 a.m.  
Paulsboro High School  
662 N. Delaware St.  
Paulsboro, NJ 08066

**Evening**

## Monday, November 9

4:00 – 6:00 p.m.  
Woodbury Heights Elementary  
School, 100 Academy Ave.  
Woodbury Heights, NJ 08097

## Thursday, November 12

10:00 – 11:30 a.m.  
Elk Twp Municipal Bldg.  
667 Whig Lane  
Monroeville, NJ 08343

**AND**

1:00 - 2:30 p.m.  
Cedar Grove Club House  
1-A Whippoorwill Lane  
Mantua, NJ 08051



*Stay home when you are sick to help prevent others from catching your illness.*

## Monday, November 16

10:00 – 11:30 a.m.  
Holy Nativity Church  
3 Lenape Trail  
Wenonah, NJ 08090

## Tuesday, November 17

1:00 – 2:30 p.m.  
Franklin Twp. Community Center  
1548 Coles Mill Road  
Franklinville, NJ 08322

The following Flu Shot Clinics will be held at the Gloucester County Department of Health located at 204 E. Holly Avenue Sewell, NJ 08080

## Tuesday, November 24

4:00 – 6:00 p.m.

**Evening**

## Monday, November 30

4:00 – 7:00 p.m.  
**CHILDREN'S FLU CLINIC\***

## Saturday, December 5

9:00 – 12:00 a.m.  
**CHILDREN'S FLU CLINIC\***

## Monday, December 7

9:00 – 11:00 a.m.

## Monday, December 14

1:00 - 3:00 p.m.

## Monday, December 21

9:00 – 11:00 a.m.

## Monday, December 28

1:00 – 3:00 p.m.

Please visit our website at [www.gloucestercountynj.gov](http://www.gloucestercountynj.gov) for clinics held after December 28, 2009, or call (856) 218-4101 to schedule an appointment.

## Steps you can take to protect yourself and your family from H1N1 and Seasonal Flu?

There are everyday actions that can help prevent the spread of germs, these include:

- Covering your nose and mouth with a tissue or your shirt sleeve when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective. Make sure that it is at least 60% alcohol.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.



*Frequent hand washing helps protect you from germs.*

### Helpful Tips for the Clinics:

- In order for everyone to have a smooth flu shot experience we encourage individuals to complete the Flu Shot Consent Form in this newsletter. If possible please place a return address label in the designated box, and bring the form to the flu shot clinic to help speed up the paperwork process.
- Flu Shot Consent Forms are also printable from the County's website, fill it out and bring it to the flu shot clinic. To print a form go to [www.gloucestercountynj.gov](http://www.gloucestercountynj.gov) and click on Online Services.
- Clinics will begin and end as scheduled.

Stephen M. Sweeney  
Freeholder Director

Jean DuBois  
Freeholder Liaison



Gloucester County  
Department of Health  
and Senior Services

Division of Health

**GLOUCESTER COUNTY RESIDENTS ONLY**  
***YOU MUST SHOW PROOF OF RESIDENCY***

Place address label here if you have one

**OFFICIAL USE ONLY**  
Site # \_\_\_\_\_ Mun Code \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_  
(Street) (Town where you vote/pay taxes)

Home Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

<b>Have you EVER had a flu shot before?</b>	<b>YES</b>	<b>NO</b>
<b>Are you allergic to eggs?</b>	<b>NO</b>	<b>YES</b>
<b>Have you had a fever over 100° in the last 48 hours?</b>	<b>NO</b>	<b>YES</b>

I have received the Influenza Vaccine Information Statement. I believe that I understand the benefits and the risks of Influenza Vaccine and request that the vaccine be given to me or the person named above for whom I am authorized to make this request.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE TAKE YOUR JACKET OFF**

<b>OFFICIAL USE ONLY</b>			<b>Fluzone Influenza Vaccine</b> Expires June 30, 2010		
<b>Site:</b>	Right Deltoid	Left Deltoid	Other _____	U3167FA	U3186AA
				U3197AB	_____
				U3259EA	
				U3205CA	
				U3201AA	
<b>RN Signature:</b>	_____				



- Gloucester County Board of Chosen Freeholders**
- Stephen M. Sweeney, Director** 853-3390
- Robert M. Damminger, Deputy Director** 853-3395
- Freeholder Joseph A. Brigandi, Jr.** 853-3386
- Freeholder Giuseppe (Joe) Chila** 853-3382
- Freeholder Frank J. DiMarco** 853-3384
- Freeholder Jean DuBois** 853-3383
- Freeholder Warren S. Wallace** 853-3380
- Row Officers**
- Clerk James N. Hogan** 853-3237
- Surrogate Helene M. Reed** 853-3282
- Sheriff Carmel M. Morina** 384-4600
- Prosecutor Sean Dalton** 384-5500

## Gloucester County Animal Shelter

### Annual Open House

Saturday  
October 17th  
11 am - 4 pm  
1200 N. Delsea Drive  
Clayton  
(856) 881-2828

*Activities for the kids  
refreshments and  
Pet Costume Parade  
at 3 pm*



Cedar  
is a 2 year Old  
Spaniel Mix  
looking for a home



Squirt  
is the CUTEST 3  
month old Tabby  
kitten waiting  
for a family

### Gloucester County presents The 9<sup>th</sup> Annual Women's Health Summit *For Your Health, For Yourself*

**Saturday, October 17th 8:00 am - 2:00 pm**

Gloucester County Institute of Technology (GCIT)  
1360 Tanyard Road, Sewell, NJ

Free workshops, health screenings and other informational presentations designed to help women and families.

For information and to register go to  
[www.gloucestercountynj.gov](http://www.gloucestercountynj.gov) or call the  
Gloucester County Department of Health  
(856) 218-4101.



### Construction Begins on the Port of Paulsboro



from left to right: Freeholder Deputy Director Robert Damminger, former Governor James Florio, Patricia Gallery of BP, Assemblyman/Paulsboro Mayor John Burzichelli, Governor Jon Corzine, Freeholder Director/Senate Majority Leader Stephen M. Sweeney, Joseph Balzano, SJPC, Congressman Rob Andrews, Sheriff Carmel Morina, Freeholder Jean DuBois, Freeholder Frank DiMarco and Freeholder Joseph Brigandi break ground on the Port of Paulsboro.

On September 22, 2009 Governor Corzine, Freeholders and dignitaries from South Jersey broke ground to begin construction on the Port of Paulsboro, a deep water port that will be built on 190 acres along the Delaware River.

The \$250 million project will create thousands of jobs and spur economic growth in Gloucester County and in the South Jersey region.