

BOROUGH OF OAKLAND, NEW JERSEY

A MESSAGE FROM THE BOARD OF HEALTH

For answers to general questions, information on H1N1 vaccine safety & availability, symptoms of H1N1 Flu, and preventive measures, call the New Jersey Dept. of Health and Senior Services:

Toll-Free H1N1 Information Hotline

1-866-321-9571

Call lines are manned by live operators from 9 AM to 5 PM, seven days a week.

Up-to-date H1N1 Flu information may also be found at the CDC's website:

www.cdc.gov

When H1N1 injectable vaccine becomes available:

Oakland's H1N1 clinics will be posted on Channel 77
and on the Borough's website: www.oakland-nj.org

Other H1N1 clinics in the area will be posted at www.h1n1.findaflushot.com

Tips to stay healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands with soap and water, especially after you cough or sneeze. Alcohol-based hand cleansers are also effective.
- Avoid touching your eyes, nose and mouth. Germs are spread that way.
- Stay home if you are sick.