

**FOR IMMEDIATE RELEASE**

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## **YOUNG ADULTS URGED TO GET H1N1 VACCINATION**

(RICHMOND, Va.)— The Virginia Department of Health and the U.S. Centers for Disease Control and Prevention recognize January 14, 2010, as **Young Adults Vaccination Day** in conjunction with National Influenza Vaccination Week.

Today, State Health Commissioner Karen Remley, MD, MBA, urged young adults at Bryant & Stratton College to assume responsibility for their own health and well-being. “Vaccination is the best way to protect yourself against both H1N1 and seasonal flu viruses,” she said. To date, the highest number of confirmed cases of H1N1 flu have been among young adults.

To reach young adults, the Chesterfield County Health Department partnered with iPower 92 FM to provide H1N1 vaccinations at Bryant & Stratton College during its remote broadcast. The partnership is one of several upcoming events planned by Richmond area health departments and the Radio One stations which include Kiss 105.7, Praise 104.7 and iPower 92. The health department offered free H1N1 vaccinations from its new “flu-mobile” to anyone during the radio station’s live broadcast. The flu-mobile is used to provide vaccinations to people who may not have easy access to clinics.

Influenza is unpredictable and the likelihood of a future wave of H1N1 influenza is unknown. But if more people are vaccinated, the less everyone has to worry about future waves of H1N1 disease.

Virginia has plenty of H1N1 vaccine. It is now available to anyone who wants to be protected from this strain of flu. The vaccine can be easily found at multiple provider sites, such as private physician offices, health departments, clinics, pharmacies and large retailers.

More information about H1N1 flu and vaccination is available from the Virginia Department of Health Inquiry Center toll free weekdays from 8:30 a.m. to 4:30 p.m. at 1-877-ASK-VDH3 (1-877-275-8343) and online at [www.H1N1GET1.com](http://www.H1N1GET1.com).

Local health departments across Virginia plan to hold H1N1 vaccination clinics during National Influenza Vaccination Week, Jan. 10-16, 2010. H1N1 vaccinations provided by local health departments are free.

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