

HEALTHY PALOUSE

SPREADING THE WORD ABOUT STAYING HEALTHY ON THE PALOUSE

H1N1 injectable vaccine is now available in limited quantities!
H1N1 nasal spray vaccine is still available.

November 2, 2009

The target groups for H1N1 vaccination are:

[www.whitmancounty.org/
publichealth](http://www.whitmancounty.org/publichealth)

- Pregnant women
- Health care and emergency services workers
- All children age 6 months to 24 years of age
- Persons age 25 to 64 with chronic health conditions
- Parents and caregivers of children under 6 months of age

This list is not a priority ranking. However, while supplies are limited, injectable vaccine will be reserved for those patients and staff who are unable to use the live-attenuated formulation (LAIV) due to age, health condition or pregnancy.

Call for your appointment TODAY!

509-332-6752 for Pullman
509-397-6280 for Colfax



GREAT AMERICAN SMOKEOUT – November 19, 2009



The American Cancer Society's 34th annual Great American Smokeout (GASO) began in 1976 to encourage people who smoke to quit for one day.

Since then, millions of Americans have participated in the event, which remains a popular occasion for people who smoke to make a long-term plan to quit for good.

Washington has the 6th lowest smoking rate in the nation, but there are still approximately 770,000 people in the state who smoke – the majority come from lower income or lower educational backgrounds

All Washington state residents are eligible to receive free help from the Tobacco Quit line including counseling, help with a personalized quit plan and a quit kit. Call toll-free –

1-800-QUIT-NOW,
or in Spanish,
1-877-2NO-FUME

Related Links:

- [CDC](#) – H1N1 info
- [Great American Smokeout](#)
- [1-800-QUIT-NOW](#)
- [Smoke-free Washington](#)

Upcoming Topics:

- Winter Wellness
- FDA Regulation of Tobacco



Upcoming Events:

- **Diabetes Health Fair**
Sponsored by Pullman Regional Hospital
Lincoln Middle School
November 7, 2009 1-5 pm

Healthy Palouse is funded by the 5930 Grant, and supported by the
Whitman County Health Department

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at jessieh@co.whitman.wa.us or call us at 509-332-6752