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## *Medical Homes Program*

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### **Dear Neighbors,**

There are many things to look forward to as Spring approaches. It seems like people are doing much more smiling, conversing, and gathering. With so many upcoming activities and events, we sure have many reasons to do so. In the midst of all this excitement, we must remember that the flu season is not over, and we must do everything we can to keep oneself, families, and friends healthy. This month's topic will be about Influenza A (H1N1) and how you and your families can stay healthy.

### **What is Influenza A (H1N1)?**

Influenza A (H1N1), also known as the swine flu, is a combination of human, pig, and bird viruses. The H1N1 flu was first detected in April 2009 and is very contagious; spread from person-to-person.

### **Who is At-Risk?**

Everyone is at-risk however; those who have a higher risk for getting sick are children, young adults, pregnant women, and adults 24-64 years old who have chronic health issues. If you are in one of these categories, then you should get the H1N1 vaccination. Talk to your healthcare provider to see if it is right for you!

### **Flu Clinics**

Flu clinics are designated settings that are staffed by registered nurses who administer the flu shots on-site. Several FREE flu clinics are available to individuals and families. There will be one on **March 18th at Bingham School, 121 Bingham St. from 1:00pm to 7:00pm.** Allen Neighborhood Center will be having another free flu shot clinic on **April 20th from 1:00pm to 8:00pm.**

For more information about the H1N1 flu virus, free flu clinics, or any other questions or concerns, please call us 517-367-2468 and/or check out our website: [allenneighborhoodcenter.org](http://allenneighborhoodcenter.org)

Here is a word search puzzle. Complete the puzzle and turn it in to a staff member at the Allen Neighborhood Center for a chance to win a prize!

## H1N1 and Seasonal Flu

S E A S O N A L A C  
P C R T U S Z Z M H  
S R O O T R N F V I  
S H E L T E I A C L  
S P U G U C C V I D  
R D R L N C O G N R  
A W F I I A L D I E  
G N F N N I N P L N  
I P E X I G P T C Q  
Y H T L A E H F L U

ADULTS  
DOCTOR  
INFLUENZA  
SHOT  
VIRUS

CHILDREN  
FLU  
PREGNANT  
SPRING

CLINIC  
HEALTHY  
SEASONAL  
VACCINE

**No phone? No problem! No Internet? Don't stress! Stop by Allen Neighborhood Center and use our phone and internet service to handle your healthcare/medical needs! Come tell us about your medical home.** As always, feel free to give us a call for any reason! We love to hear from you! **517-367-2468**