



# STATE OF CONNECTICUT

## DEPARTMENT OF PUBLIC HEALTH

**Video:** H1N1 Video Transcript –  
Importance of Vaccination

**Date:** January 18, 2010

**Section title:**

The importance of getting vaccinated for the H1N1 and seasonal flu

**Title:**

Dr. Jacqueline Nwando Olayiwola  
Chief Medical Officer Community Health Center Inc.

Dr. Nwando Olayiwola: Hello, my name is Dr. Nwando Olayiwola. I'm the Chief Medical Officer for Community Health Center Incorporated and a practicing family physician. I'd like to tell you the importance of getting vaccinated for the seasonal flu and the H1N1 flu.

**Section title:**

The H1N1 Vaccine. Your best defense against the H1N1 flu.

Dr. Nwando Olayiwola: Vaccines are absolutely the best tool that we have to prevent influenza. And getting vaccinated is the single most effective thing that you can do to protect yourself from getting the flu. The 2009 H1N1 vaccine does not replace the seasonal flu vaccine rather they should be used alongside each other. The groups that are recommended to get the 2009 H1N1 influenza vaccine include pregnant women, household contacts and caregivers of children younger than six months of age, healthcare and emergency medical services personnel, all people between the ages of six months to 24 years especially very young children, individuals ages 25 through 64 who have health conditions that are associated with higher risk of medical complications from the flu.

**Building title:**

- Pregnant women
- Caregivers for young children
- Healthcare/ER personnel
- People 6 months–24 years
- Individuals 25–64 with underlying health issues

**Section title:**

Where to get vaccinated.

Dr. Nwando Olayiwola: It's important to know how and where you can get vaccinated. The seasonal flu and H1N1 vaccines are available at a number of settings, including clinics organized by local health departments, healthcare provider offices, schools, pharmacies and even some workplaces. The H1N1 vaccine comes in the form of a shot or nasal spray. People who are

allergic to eggs might be at risk for allergic reactions from receiving the influenza vaccines, including the 2009 H1N1 vaccine. And they should not be vaccinated. However, because children with severe asthma are at high risk of serious complications from influenza, there is a regime that has been developed for giving influenza vaccine to these children with severe asthma and egg hypersensitivity.

Title:

Visit [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch)

Or call 211

DPH logo

Dr. Nwando Olayiwola: To find out where you can get vaccinated, visit [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch) or call 211. Thank you.

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Up your flu IQ logo