

Four Free H1N1 Vaccine Clinics To Open For High Risk People Who Can't Afford To Pay

Public Health of Seattle-King County is opening up four free H1N1 vaccine clinics on Sat., Dec. 5 and Weds., Dec. 9 as a way to provide access to people at the highest risk for being infected with H1N1 influenza (swine flu) who cannot afford to pay.

An estimated 280,000 people in King County who are at high-risk for complications have already been vaccinated for H1N1 influenza and an additional 90,000 doses of vaccine is on the ground or in the process of being shipped to vaccine providers in the county. Though flu illness seems to have peaked locally,

at least temporarily, H1N1 illness continues in the community, and vaccination is the best way to protect against H1N1 influenza.

"As more vaccine comes into the community, we're continuing to allocate limited amounts to people without insurance or who can't afford to pay," said Dr. David Fleming, Director and Health Officer for Public Health - Seattle & King County. "We encourage people to seek H1N1 vaccine through their health care providers or through pharmacies if they can afford the administrative cost or if insurance covers it."

Most of the vaccine arriving to King County continues to be allocated to health care providers so that they can vaccinate patients who are most at risk, including: pregnant women, people who live with or care for children younger than 6 months of age, people between the ages of 6 months and 24 years old, people between 25 through 64 years of age with chronic health conditions or weakened immune systems, and healthcare and emergency workers.

The public vaccination clinics will be held at four sites on Saturday, December 5, from 9 a.m.

to 5 p.m. and Wednesday, December 9, from noon to 7 p.m.: **Columbia Public Health Center** - 4400 37th Ave S., Seattle; **Renton Public Health Center** - 3001 NE 4th St., Renton; **North Public Health Center** - 10501 Meridian Ave N., Seattle; and **Federal Way Public Health Center** - 33431 13th Place S., Federal Way.

On Dec. 5, there will be a total of 4,000 doses of vaccine available across the four sites, and on Dec. 9, there will be 1,000 doses of vaccine. Vaccinations are first come, first served, and no reservations will be taken. If demand is high, people will

be given a time later that day to return for a guaranteed vaccination. Once supply is exhausted, people will be told as soon as they arrive.

The ability to pay will be determined on the honor system, and it will be assumed that people getting vaccinated at one of the four clinics cannot afford the administrative cost of H1N1 vaccination.

People who are recommended to receive H1N1 vaccine should continue to seek it. Vaccine supply is gradually improving each week, and it is expected that eventually there will be enough vaccine in

King County for anyone who wants it. Visit the Public Health H1N1 influenza website at www.kingcounty.gov/health/H1N1 for updates on vaccine availability in the community or call the Flu Hotline at 877-903-KING (5464), which is staffed with operators to answer questions from King County residents about H1N1 influenza. Hours of operation with operators are 9 a.m. to 5 p.m. weekdays, with special 24-hour nurse line service extended over this weekend for people with flu seeking medical care advice. Recorded information is available 24 hours a day.

City Council Passes Resolution Directing Race And Social Justice Work To Continue

Earlier this week, The Seattle City Council passed a Race and Social Justice Resolution intended to heighten the City of Seattle's awareness of institutional racism and social disparities. The Resolution, sponsored by Councilmember Bruce Harrell, seeks to carry forward and strengthen the initiative begun by Mayor Nickels.

Councilmember Harrell believes that "Mayor Nickels had the vision and courage to drive this important work which demonstrated his recognition that race and social disparities continue to exist throughout our city. The initiative

can result in a healthier and more efficient work environment and better city services to all communities.

Department heads, change teams, city employees and community leaders were all on hand to support the legislation. Deputy Mayor Tim Ceis, on behalf of the

Mayor and the City's executive team, expressed their gratefulness that this important work will continue.

The Resolution states the strategies and tools to address racial and social disparities and describes the goals of improving workforce equity, contracting equity and best

practices to achieve equal access to city services.

"This work must continue because all people in Seattle benefit when we demonstrate inclusiveness in how we make decisions, how we provide basic city services and how we manage change. This is the first piece of legislation on this issue and

Seattle's commitment in this area has already been nationally recognized," says Mayor Nickels.

A key component of the work going forward was the 2009 establishment of a Race and Social Justice Community Roundtable. This group consists of individuals from community organizations,

business, philanthropy, education and others with the mission of extending this work beyond city government and into the community.

Councilmember Harrell said he "looks forward to working with the Roundtable and moving this effort beyond City government."

The Seattle Public Library Offers Workshops For Job Seekers

The Seattle Public Library is offering series of free workshops for job seekers. The series will include workshops on how to look for jobs and how to ace job interviews, the Library can get you from start to finish in your job search. All workshops will be held at the Central Library, 1000 Fourth Ave., Level 4, Room 4 unless otherwise specified.

Class descriptions and times are as follows:

- **Beginning a Job Search** - Learn how to develop a successful job search plan in tough economic times. Classes will be held from 3:30 p.m. - 5:00 p.m. on Jan. 4, Jan. 20, Feb. 1, Feb. 10, and Feb. 24.
- **Resume Basics** - Learn what employers are looking for in resumes and receive a resume template that can be used in paper or electronic form. Classes will be held from 3:30 p.m. - 5:00 p.m. on Jan. 6, Jan. 27, Feb. 3, and Feb. 22.
- **Online Job Search Basics** - Learn how to submit online resumes and complete Web-based job applications. Prerequisites: Internet Basics 1 or the ability to navigate a Web page. Resume Basics or an existing resume. Classes will be held from 3:30 p.m. - 5:00 p.m. on Jan. 11, Jan. 25, and Feb. 8.
- **Job Interview Basics** - Learn how to successfully prepare for a job interview. Learn about common interview questions and body language. Classes will be held from 3:30 p.m. - 5:00 p.m. on Jan. 13 and Feb. 17.

The workshops are presented in partnership with WorkSource at South Seattle Community College. The workshops are free and open to the public. No registration is required at the Central Library workshops. Paid parking is available in the Central Library garage and free parking is available at the branches.

For more information, call The Seattle Public Library at (206) 386-4636.

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