

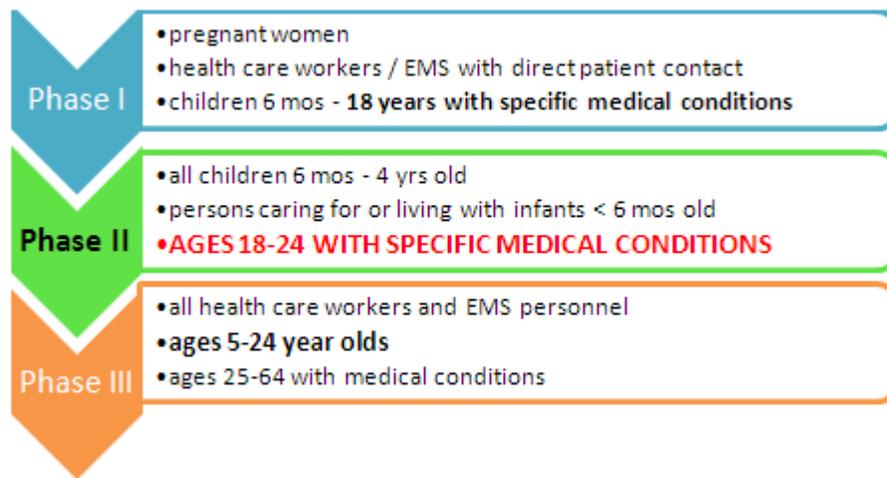
To: College Community Members
From: Pamela Spear, Director, BHCC
Re: What's New with the Flu: H1N1 Vaccine Distribution Update
Date: Tuesday, Dec. 1, 2009



H1N1 Vaccine NH Distribution Update

The state of New Hampshire Department of Health and Human Services (DHHS) has moved to Phase II in the distribution of H1N1 vaccine. **The DHHS has expanded the distribution to include persons up to 24 years old with specific underlying medical conditions.**

Baird Health and Counseling Center (BHCC) identified qualifying students in phase II and notified them by e-mail and campus mail (if available) and offered H1N1 vaccine on Monday, Nov. 23, 2009. A small number of students came in and received the vaccine. Students who are eligible in Phase II but have not received the H1N1 shot may call BHCC @x3621 to make an appointment for the vaccine.



For all Students:

Phase III will provide general access for all students to H1N1 vaccine; however, it has yet to be determined with this phase will begin. Currently Governor John Lynch and the DHHS advise that any healthy person who qualifies for the nasal injection will be offered this form of the H1N1 vaccine ONLY. The nasal injection is more readily available and the state recommends that form be used wherever possible.

The LAIV (live attenuated influenza virus) nasal injection is a form that has been used for seasonal flu for many years. Studies have shown that there is little risk associated with this form. The vaccine is administered through both nostrils, and the small amount of virus it contains becomes inactivated as soon as it reaches the esophagus due to the internal body temperatures. Data indicates the nasal form is more effective in the prevention of influenza and provides protection against influenza longer than the inactivated intramuscular shot. In Phase III, BHCC expects to offer the nasal injection.

FLU Precautions:

News reports indicate that the incidence of H1N1 flu is on the decline, but we remind you to continue to take the following precautions:

- *Wash your hands frequently
- *Clean commonly touched surfaces
- *Cover when you cough or sneeze
- *Allow social distances where possible