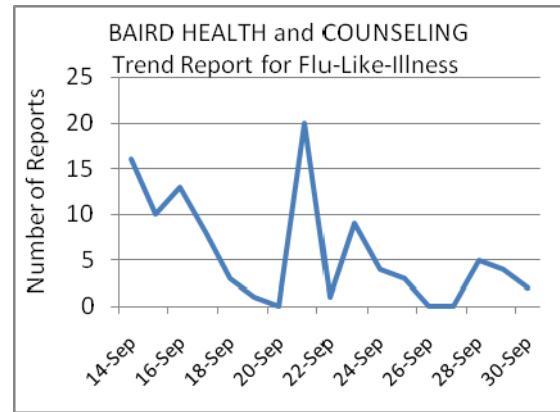


To: Colby-Sawyer College Community
From: Baird Health and Counseling Center
Re: What's New with Flu?
Date: Oct. 1, 2009

FLU Trends

As we roll into our third week of living with the flu on campus, we are seeing fewer students with flu-like-illness at Baird Health and Counseling Center. We want to commend the student body for their conscientious efforts in managing through an abnormal incidence of flu-like illness, remaining cool, calm and collected, and ever vigilant! Your quiet confidence has benefited the entire community. As we welcome alumni and parents in the upcoming weeks, please continue with frequent hand-washing, wiping down common surfaces, cleaning rooms and practicing cough etiquette.



Humor Is the Best Medicine

Operations Manager Jerry Volpe shares the following web link to [an unusual H1N1 glossary](#) that adds a touch of humor to the flu. These definitions were produced at Johns Hopkins University to promote discussion of H1N1 and to have a chuckle as well.

Seasonal Flu Vaccine

We are planning to offer seasonal flu shots on Wednesday, Oct. 14, in the Ware Center from 4 to 8 p.m. (pending our receipt of the seasonal flu vaccine). The vaccines are free for students.

H1N1 Vaccine

We will be sending out a quick survey to students to see how many want the H1N1 vaccine. This will help us plan how many vaccines we will need as distribution will be tightly controlled by the state in the early offerings of the vaccine. We are working with the N.H. Department of Health and Human Services, which estimates that the H1N1 vaccine may be available to priority groups in early November.

For Colby-Sawyer this means persons age 25 and younger, pregnant women, and health care and child care workers. Please kindly respond to the on-line survey when you get it, and we'll keep you posted on a date that the vaccine will be offered.

A nasal injectable form of H1N1 vaccine will be available sooner than the H1N1 vaccine shot. This form is only available to healthy persons without underlying medical conditions, as it contains a small amount of the live virus. You may contact your physician if you are interested in the nasal vaccine, as we are not likely to offer this form on campus.

Pam Spear

Pam Spear
Director, Baird Health and Counseling Center