

**To: Colby-Sawyer College Community**  
**From: Baird Health and Counseling Center**  
**Re: Flu Update: What's New with the Flu?**  
**Date: Sept. 19, 2009**

### **Sample Testing Results**

Due to the higher than usual level of flu like illness on campus, Colby-Sawyer College reported the incidences to New Hampshire Department of Health and Human Services (DHHS). The state monitors influenza-like-illness throughout New Hampshire on a voluntary basis. As part of the state surveillance, The DHHS tested a small sample of the virus taken from individuals on campus. The DHHS reported to the college on Friday that the samples were the H1N1 virus. DHHS has not recommended further testing of individuals for the type of virus, as prevention methods and treatment *are the same regardless of the type of flu* (seasonal or H1N1). We will continue to work closely with DHHS and follow its recommendations.

### **The H1N1 Virus**

We understand that you may be anxious due to this news and the media attention H1N1 has attracted. As you know, H1N1 differs from the seasonal flu in that young people are more susceptible to it than to the seasonal flu. That said, we want you to rest assured because the campus community has done an excellent job of managing the spread and minimizing the severity of the flu on campus. Keep up your diligent efforts of frequent and thorough hand-washing, cough etiquette and social distancing; this is working to minimize the spread.

To help address concerns, we will offer special walk-in hours at Baird Health and Counseling on **Saturday, Sept. 19, from 5 to 8 p.m.**

There is significant information available about the H1N1 virus. Some suggested sources that may be helpful to you are listed below:

- Scientific and Technical information – Simply Put  
<http://www.cdc.gov/od/oc/simpput.pdf>
- Taking Care of Yourself: What to Do if You Get Sick with Flu  
<http://www.cdc.gov/flu/takingcare.htm>
- What to Do If You Get Flu-Like Symptoms <http://www.cdc.gov/h1n1flu/sick.htm>
- Novel H1N1 Flu and You <http://www.cdc.gov/h1n1flu/qa.htm>
- Managing Your Anxiety about H1N1 flu  
<http://www.apahelpcenter.org/articles/article.php?id=194>)
- Health-e-Cards  
<http://www2a.cdc.gov/eCards/browse.asp?act=brs&chkcategory=Flu&submit1=GO>
- Is it a cold or the flu? <http://www3.niaid.nih.gov/topics/Flu/PDF/sick.pdf>
- Interactive Flu Checkup Symptom Check-Up <http://www.freemd.com/Flu-Checkup/visit-virtual-doctor.htm>

## **What Have We Experienced so Far?**

During the period of September 14-18, Baird Health and Counseling (BHCC) reported 48 cases of flu-like-illness. Last year for the same period, there were four cases, and for the period of September to December (fall semester 2008) a total of 103 cases were seen by BHCC. Moreover the severity of the flu this year has been relatively mild. The most common symptoms of the flu-like-illness have been fever, fatigue, body aches, cough and sore throat, with some vomiting and dizziness. Most students have had mild cases and the fever resolves within two to three days. A few but more symptomatic cases of flu are taking a bit longer to resolve. The H1N1 symptoms have manifested themselves much the same as seasonal influenza and prevention and treatment are the same irrespective of the type of flu. To date, no students have required hospitalization.

To your credit, students, faculty and staff have been responsive in the management of the flu-like illness on campus. Consistent with state recommendations, it has not been necessary to cancel any activities or classes. We are hopeful, based on our experiences in the last couple of days, that the flu will continue on its downward trend at Colby-Sawyer. Thank you for your diligence in making this happen.

For more information and recommendations on how to prevent infection and what to do if you experience flu-like symptoms, visit <http://www.colby-sawyer.edu/news/ltronH1N10809.html>.

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