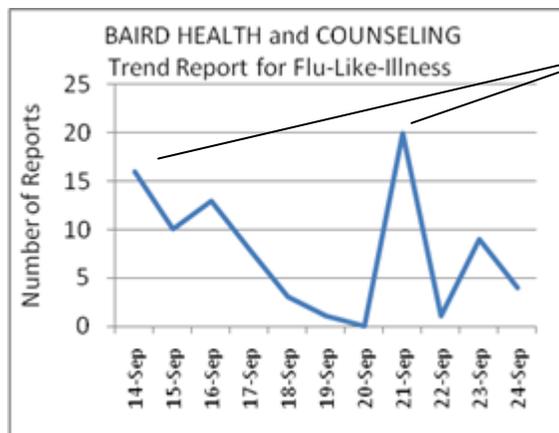


To: Colby-Sawyer College Community
From: Baird Health and Counseling Center
Re: What's New with Flu?
Date: Sept. 25, 2009

FLU Trends

As you know, the campus community is continuing to experience flu-like symptoms. The illness continues to be relatively mild and the spread seems to fluctuate day to day. We have no reports of any hospitalizations from the flu, and campus-wide activity remains normal. Keep up the vigilance with frequent hand-washing and social distancing!

Below is a graph that depicts the trend of reports of flu-like illness that Baird Health and Counseling Center (BHCC) has received day by day in the last two weeks. A challenge for the campus community is to eliminate the “spikes” in the graph and move more consistently on a downward trend in the incidence of illness.



These two peaks in reports of flu-like-illness both occurred on **Mondays**.

What hypothesis would you draw from this data?

Note: The incubation period for the current virus strain can be one to seven days but is most commonly less than four days, according to the N.H. Department of Health & Human Services.

Note: Data above represents trend, not absolute numbers. It is assumed there are illnesses that have not been reported to BHCC and that BHCC numbers include flu-like symptoms that may not actually be flu.

It appears that many or even most exposures to infection among students occur during or just before the weekends. Please keep this in mind as you approach another weekend and take the necessary precautions to avoid infection and stay healthy.

We're not the only college campus with flu-like-illness. Dean of Students Dave Sauerwein, shares the following with us from *The Chronicle of Higher Education*:

91% of Campuses Report New Flu Cases, Survey Finds

More than 7,000 new cases of suspected flu were reported last week to the American College Health Association. For the week ending September 18, 267 colleges representing more than three million students reported 7,696 new cases of “influenza-type illness” with 91 percent of campuses reporting new cases. Ten students were hospitalized. Nationwide, 24.7 cases were reported for every 10,000 students -- 15 percent higher than the previous week. Since the reporting began, on August 22, about 21,000 students have fallen ill and 37 have been hospitalized. There were no deaths on the reporting campuses last week.

Seasonal Flu Vaccine

The seasonal flu vaccine is on its way! We have been expecting it but shipments have been delayed as manufacturers of vaccines are struggling to meet the demand for the seasonal flu vaccine with the competing priority for the H1N1 vaccine. We won't receive the entire supply that we ordered in our first delivery but we expect more shipments to follow.

Students with underlying medical conditions will be the first priority for the distribution of the seasonal flu vaccine. Baird Health and Counseling Center staff will reach out to students known to have medical conditions (asthma, diabetes) and offer them appointments for the flu shot. If you have a medical condition that puts you at risk for complications of flu and do not hear from BHCC over the next two weeks, please call us directly at x3621. Shortly we will announce the date for flu shots that will be open to all students. And they are free for all students!

For H1N1 Vaccine – Stay Tuned!

We are working with our local health region to formulate plans for distribution of the H1N1 vaccine when it becomes available. We will pass on the information as soon as we know more.