



To: Colby-Sawyer College Community
From: Pamela Spear, Director, Baird Health and Counseling Center
Re: What's New with the Flu
Date: Nov. 5, 2009

FLU Trends

We continue to hear reports of H1N1 outbreaks throughout the country and globally. We know that the local school systems have been experiencing **ILI** (influenza-like illness) that we experienced in September. What's next for the flu is unknown so we urge you to continue with the necessary precautions:

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

Seasonal Flu Vaccine – All Set!

Seasonal flu shots were offered October 14 and November 4 at the Ware Center. Over **400** persons received the vaccine on campus. This is a record number of seasonal flu vaccine distributed at Colby-Sawyer College. Special thanks to the Student Nursing Association for giving the boosters. Great job!

There is still seasonal flu vaccine available at BHCC. If you missed the clinics, please call Baird Health and Counseling Center @3621 to schedule an appointment for a seasonal flu shot while it lasts. The vaccine is free for students, \$15 for staff/faculty.



H1N1 Vaccine – We Wait!

If you are watching the news, you are seeing just how variable the availability of the H1N1 vaccine has been to date. This rings true for us. Working with greater Sullivan County, we *were* planning on getting the vaccine in early November. Those plans changed with the limited amounts of vaccine available. The State of New Hampshire is now advising that vaccine will not be available for students until after Thanksgiving. **We are recommending that you may want to contact your primary care physician to see if they have vaccine and get this while you**

are at home for the holiday or a weekend. We will continue to pursue availability of the *inactivated vaccine* (see description below) through the State of New Hampshire. Should H1N1 *inactivated* vaccine become available to us, we will contact students at greatest medical risk (i.e. asthma, diabetes etc) first and offer the vaccine if they have not already received it elsewhere. We'll keep you posted as we know more.

The H1N1 vaccine comes in two forms – an *inactivated* vaccine and an *LAIV* nasal injection. The nasal injection is more readily available but it is only administered to **healthy persons without underlying medical conditions** because it is a live attenuated influenza virus (*LAIV*). Should this form become available to Baird Health and Counseling Center, we will offer the *LAIV* nasal injection by appointment only (not clinic) as we will review medical records prior to administering this to healthy students.

Please note: Students under 18 years of age will require a signed parental consent for the H1N1 vaccine. If you have questions, please call Baird Health and Counseling Center @x3621.