

H1N1 UPDATE

Greater Monadnock Public Health Network
Cheshire Medical Center/Dartmouth-Hitchcock Keene
580 Court Street
Keene, NH 03431
603-354-6836
<http://co.cheshire.nh.us/PublicHealth/>

For Immediate Release

Contact: Amanda N. Gaspard, MPH
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H1N1 Update from the Greater Monadnock Public Health Network

(Keene, NH, 12/17/2009) — This morning the state of New Hampshire announced the move to Phase IV (general population) of the NH DHHS H1N1 vaccine distribution plan. All New Hampshire residents ages 6 months and older are now eligible to receive the H1N1 vaccine.

The Greater Monadnock Public Health Network (GMPHN) will be holding a series of free public H1N1 vaccine clinics throughout the greater Monadnock region in the following weeks. People who have not yet received the vaccine are encouraged to come to a free clinic to be immunized. Both nasal mist and injectable vaccine will be available at these clinics. Parents of children ages 6 months – 3 years should contact their pediatricians or Judy Harris at HCS at 352-2253 to receive the vaccine. Parents of children less than 10 years of age should remember that their child will need a booster H1N1 vaccine 28 days after receiving the first H1N1 vaccine.

The Greater Monadnock Public Health Network is also working with school nurses and superintendents for SAUs 1, 24, 29, 38, 47, 60 and 87 to provide school-based clinics for students. School-based clinics are designed for students and staff (and in some cases parents) but are not open to the general public.

The Greater Monadnock Public Health Network is committed to reaching the public with timely information through a variety of media channels. Press releases and public services announcements about H1N1 vaccine clinics and other pertinent public

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health information will be sent regularly to local newspapers, radio stations and television stations.

People can also get information about upcoming H1N1 clinics through email alerts, websites, and telephone hotlines. Please see below for more information:

Email:

People may sign up to receive emails about H1N1 flu clinics by going to www.cheshiremed.org, clicking on the *Seasonal and H1N1 Flu Clinics* tab, and then entering their email address under *Sign Up to Receive H1N1 and Seasonal Flu Vaccine Clinic Info*.

Websites:

- Greater Monadnock Public Health Network website <http://co.cheshire.nh.us/PublicHealth/>
- Google Flu Shot Finder www.google.com/flushot
- NH DHHS H1N1 Influenza Resource Center <http://www.nh.gov/h1n1/> and click on the tab “*Where Can I Get My H1N1 Vaccine?*”
- 211 NH www.211nh.org
- The Cheshire Medical Center/Dartmouth-Hitchcock Keene website www.cheshiremed.org (Click on the *Seasonal and H1N1 Flu Clinics* tab on the right hand side of the page)
- The Cheshire Health Foundation’s Twitter page <http://twitter.com/cheshirehealth>
- Facebook www.facebook.com Search for *Cheshire Health Foundation*

Telephone:

- 211 or 1-866-444-4211
- CMC/DHK H1N1 Flu vaccine info: 603-354-5405 Option #2
- CMC/DHK Pediatric Flu Clinic vaccine info: 603-354-6665
- 603-354-5454 Ext. 3030 – direct line for Amanda N. Gaspard, MPH (Emergency Preparedness Coordinator for the GMPHN)
- 603-354-6836 – main GMPHN line

All H1N1 vaccines are offered in accordance with New Hampshire’s vaccination distribution plan (See: www.nh.gov/H1N1)

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Both the H1N1 and seasonal vaccines have been shown to be safe. The only people who should not get a flu vaccine are those who are allergic to eggs, anyone who has had a serious reaction to a flu shot in the past, anyone with a history of Guillain-Barre syndrome, and children younger than 6 months old. Even if you have already had flu-like symptoms you should still be immunized. There are many different strains of influenza. You may or may not have had the strain the vaccine is intended to protect against. It's also possible to get sick again.

If you think you have the flu, the best place for you to be is at home. Take the time to let the illness run its course. Don't rush your recovery. The best way to ensure your health, as well as your family's and friends' wellness, is to take care of yourself.

- Stay home from work or school until your fever has been gone for least 24 hours without the use of fever reducing medications.
- Stay away from others.
- Get plenty of rest.
- Drink clear fluids.
- Wear a face mask if you have to go in the public.
- Drink from your own container.

If you are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema, check with your health care provider and ask if you need any special care.

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Anyone who gets the flu should watch for signs that the illness is getting worse.

Call your doctor if you experience or observe any of these warning signs.

- Adults:
 - Shortness of breath or respiratory distress
 - Fever greater than 100 degrees for more than 3 days
 - Chest or abdominal pain
 - Lightheadedness
 - Disorientation or confusion
- Children:
 - Difficulty breathing
 - Blue skin color
 - Unable to keep liquids down
 - Extreme drowsiness, listlessness, or sluggishness

These warning signs could mean a person is developing complications to the flu, which should be taken seriously.

For more information, treatment resources, or other assistance, call 2-1-1 (in NH) or 1-866-444-4211 (all other states) any time of day or visit www.211nh.org. You can also visit websites for Cheshire Medical Center/Dartmouth-Hitchcock Keene (CMD/DHK) (www.cheshiremed.org) or the Greater Monadnock Public Health Network (GMPHN) (<http://co.cheshire.nh.us/PublicHealth/>). CMC/DHK and GMPHN work together to plan and protect public health and safety in concert with the New Hampshire

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Department of Health and Human Services (www.nh.gov/h1n1). The GMPHN is housed by Cheshire Medical Center/Dartmouth-Hitchcock Keene and in collaboration with Cheshire County is financed under an agreement with the State of New Hampshire, Department of Health and Human Services, and Division of Public Health Services with funds provided by the Centers for Disease Control and Prevention.

Together CMC/DHK and GMPHN will offer updates on flu season preventions and precautions for the Monadnock Region. For flu clinic information any time of day or night, call Cheshire Medical/Center Dartmouth-Hitchcock Keene's information lines.

H1N1 Flu vaccine info: 354-5405 Option #2

Pediatric Flu Clinic Hotline: 354-6665

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