

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

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Greater Monadnock Public Health Network Announces Free Public H1N1 Vaccine Clinic in Peterborough

(Keene, NH, 12/17/2009) — This press release is to update information originally released on Monday, 12/14/2009. The State of New Hampshire has now announced the move to Phase IV (general public) of the NH DHHS H1N1 vaccine distribution plan. All New Hampshire residents are now eligible to receive the H1N1 vaccine.

The Greater Monadnock Public Health Network (GMPHN) has announced a free public H1N1 vaccine clinic on Sunday, December 20, 2009, from 9 AM – Noon. This clinic will be held at the South Meadow School, 106 Hancock Road (Rt. 202 North), Peterborough, NH.

This H1N1 vaccine clinic will be open to all New Hampshire residents*. There is no charge to receive the H1N1 vaccine at this clinic. Nurses will offer participants nasal mist or injectable vaccine depending on age and health status. The clinic will be open until noon or until the vaccine supply runs out. No pre-registration is required; vaccines will be administered on a first-come, first-served basis.

**Parents/guardians of children 6 months – 3 years should contact their pediatricians or Judy Harris at HCS at 603-352-2253 to receive the vaccine.*

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

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) or visit www.211nh.org. You can also visit websites for the Greater Monadnock Public Health Network (GMPHN) (<http://co.cheshire.nh.us/PublicHealth/>) or the New Hampshire 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

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Hampshire, Department of Health and Human Services, and Division of Public Health Services
with funds provided by the Centers for Disease Control and Prevention.

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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