

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 H1N1 Flu Vaccine Clinics

(Keene, NH, 11/25/2009) — The Greater Monadnock Public Health Network (GMPHN) has announced plans for three H1N1 flu vaccination clinics in the coming week for specific populations. The location for all three clinics will be at Home Healthcare, Hospice and Community Services (HCS), 312 Marlborough Street, Keene, NH 03431. 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, Division of Public Health Services with funds provided by the Centers for Disease Control and Prevention.

Friday, November 27, 2009 10:00 am - 2:00 pm
Location: HCS, 312 Marlborough Street, Keene, NH 03431

This H1N1 vaccination clinic will be for people 18 – 24 years of age with underlying medical conditions (part of NH DHHS's Phase II). Please contact HCS at 603-352-2253 for further questions.

Tuesday, December 1, 2009 2:00 pm - 4:00 pm
Location: HCS, 312 Marlborough Street, Keene, NH 03431

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This H1N1 vaccination clinic will be for people caring for or living with infants less than 6 months old (part of NH DHHS's Phase II). Please contact HCS at 603-352-2253 for further questions.

Thursday, December 3, 2009 2:00 pm - 4:00 pm
Location: HCS, 312 Marlborough Street, Keene, NH 03431

This H1N1 vaccination clinic will be for people caring for or living with infants less than 6 months old (part of NH DHHS's Phase II). Please contact HCS at 603-352-2253 for further questions.

All H1N1 vaccines are offered in accordance with New Hampshire's vaccination distribution plan to reach those at highest risks for complications due to limited supplies. (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.

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- 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.

Anyone who gets a 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

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- Unable to keep liquids down
- Extreme drowsiness, listlessness, or sluggishness

These warning signs could mean a person is developing complications to the flu and 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 Department of Health and Human Services (www.nh.gov/h1n1). 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.

Seasonal Flu vaccine info: 354-5405 Option #1

H1N1 Flu vaccine info: 354-5405 Option #2

Pediatric Flu Clinic Hotline: 354-6665

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