

# H1N1 UPDATE

Cheshire Medical Center/Dartmouth-Hitchcock Keene  
Greater Monadnock Public Health Network  
580-90 Court Street  
Keene, NH 03431  
603-354-5400

For Immediate Release

Contact: Donna Dubuc  
H1N1 Public Information Officer  
Office: 603-354-6810  
Cell: 603-313-3767  
Pager: 603-615-7671

## ***Cheshire Medical Center/Dartmouth-Hitchcock Keene and Greater Monadnock Public Health Network Release Flu Prevention and Management Advice***

(Keene, NH, 11/12/2009 12:55 PM) — To reduce the spread of flu-like illnesses and help people manage fevers, cough, sneezing, and sore throats at home, Cheshire Medical Center/Dartmouth-Hitchcock Keene and the Greater Monadnock Public Health Network are offering advice to area residents.

“There are many different kinds of viral illnesses affecting people already, such as H1N1 or swine flu,” said John Schlegelmilch, MD, chief medical officer, Cheshire Medical Center/Dartmouth-Hitchcock Keene. “Because H1N1 is new everyone has a lot of questions and concerns. We want to offer people information, assistance, and assurances.”

“Is it or isn’t it?” is one of the first questions posed by someone who feels like they are coming down with something. For any illness to be considered the flu, you must have two main symptoms; 1) A fever over 100 degrees; 2) A cough and/or a sore throat or sneezing. In addition people also experience head or body aches. A few have nausea or vomiting. The flu is more severe and long lasting than a cold.

# H1N1 UPDATE

Cheshire Medical Center/Dartmouth-Hitchcock Keene  
Greater Monadnock Public Health Network  
580-90 Court Street  
Keene, NH 03431  
603-354-5400

Like a cold, the flu is “catching.” It can be spread by coughing and sneezing. To avoid giving or getting the flu, take extra care by practicing “COUGH,” an easy-to-remember formula for prevention.

- Cover your mouth when you cough or sneeze (Use the sleeve on the inside of your elbow).
- Only use your own glass and utensils (Don't share).
- Use soap and warm water to wash your hands often.
- Get plenty of sleep, exercise, and eat a healthy diet.
- Home is where you belong when you are sick, not school or work.

“People may be feeling anxious or uneasy that their children or parents will develop this new strain of the flu. That is perfectly normal,” according to Schlegelmilch. “Beyond taking the steps to prevent the illness you can also make sure you are ready in case you contract the illness.”

Take time to prepare. Check your cabinets to make sure you have the supplies you will need if you or a family member gets sick. Check for tissues, a working thermometer, cough drops, and fever reducing medications (acetaminophen or ibuprofen). Look for expiration dates on over-the-counter cough, cold, and pain relievers, even prescription medications for conditions like asthma, which can be worsened by the flu. If anything is expired, it should be replaced. Make sure you have plenty of clear fluids like water, tea, or broth. Sometimes people who are sick enjoy ginger ale, orange juice, sports drinks, popsicles, or electrolyte solutions. You know best what your family members will want when they are sick. It might be chicken

# H1N1 UPDATE

Cheshire Medical Center/Dartmouth-Hitchcock Keene  
Greater Monadnock Public Health Network  
580-90 Court Street  
Keene, NH 03431  
603-354-5400

soup, a magazine, or a DVD. Make sure you have it on hand. Don't get caught off guard. It can be hard to get to the store if you or someone in your house is sick.

"If you think you have the flu, the best place for you to be is at home," said Schlegelmilch. 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.

"People should have confidence in what they already know about caring for the flu and use good common sense," said Schlegelmilch. "But we want everyone to know when it is time for them to reach out for help."

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:

# H1N1 UPDATE

Cheshire Medical Center/Dartmouth-Hitchcock Keene  
Greater Monadnock Public Health Network  
580-90 Court Street  
Keene, NH 03431  
603-354-5400

- 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 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](http://www.211nh.org). You can also visit websites for Cheshire Medical Center/Dartmouth-Hitchcock Keene (CMD/DHK) ([www.cheshiremed.org](http://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](http://www.nh.gov/h1n1)). Together CMC/DHK and GMPHN will offer updates on flu season preventions and precautions for the Monadnock Region.

# H1N1 UPDATE

Cheshire Medical Center/Dartmouth-Hitchcock Keene  
Greater Monadnock Public Health Network  
580-90 Court Street  
Keene, NH 03431  
603-354-5400

Cheshire Medical/Center Dartmouth-Hitchcock Keene is offering a vaccination clinics

for seasonal and H1N1 flu. To learn about upcoming clinics, call:

Seasonal Flu vaccine info: 354-5405 Option #1

H1N1 Flu vaccine info: 354-5405 Option #2

Pediatric Flu Clinic Hotline: 354-6665

###