

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

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Cheshire Medical Center/Dartmouth-Hitchcock Keene Plans H1N1 and Seasonal Flu Clinic

(Keene, NH, 11/13/2009 12:45 PM) — Cheshire Medical Center/Dartmouth-Hitchcock Keene will hold a Seasonal and H1N1 Flu Vaccination Clinic on Wednesday, November 18, 2009 from 4:00 pm to 7:00 pm in the Auditorium on the Lobby Level of the Main Entrance for specific populations.

Seasonal flu shots will be available for:

- Children under 3 years old

H1N1 Vaccinations are available for patients in NH's Phase I category:

- Pregnant women and their partners
- Health care workers with direct patient care (Please bring identification such as your employee name badge)
- Children 6 months – 18 yrs with chronic illness including asthma, diabetes, heart and lung problems, or any immuno-suppression illnesses

H1N1 Vaccinations may become available to patients in NH's Phase II category pending state approval. Call 603-354-5405 #2 for the updated schedule.

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- All children 6 months – 4 years old
- Persons caring for or living with infants less than 6 months old

New Hampshire Department of Health and Human Services has established a statewide vaccination plan for Seasonal and H1N1 Flu due to short supplies. This schedule establishes phases to ensure that those at the highest risk of flu complications are the first to receive vaccinations. As more vaccine becomes available, we will offer additional clinics. (For more information visit: www.nh.gov/H1N1)

In the beginning of the vaccine distribution process there won't be enough vaccine for everyone all at once. The groups at most risk of serious complications or death from the flu are encourage to get the vaccine first, including pregnant women, children with medical conditions, plus health care workers and first responders with direct patient contact. There will be three phases of vaccinating those considered to be at risk. The fourth phase of the vaccination plan is for the general public.

Both the H1N1 and seasonal vaccines have been show 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.

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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.

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:

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- 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. 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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