

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 Adult and Child H1N1 and Seasonal Flu Clinics

(Keene, NH, 11/20/2009 6:41 AM) — Cheshire Medical Center/Dartmouth-Hitchcock Keene has announced plans for two flu vaccination clinics next week in the Auditorium on the Lobby Level of the Main Entrance for specific populations.

CHILDREN

Monday, November 23, 2009 5:00 pm - 7:00pm

An open flu clinic for children will be held, instead of pre-scheduled appointments, for children in the following categories:

Seasonal flu vaccines

- All children

H1N1 flu vaccines (Phase I & II)

- All children 6 months – 24 years of age with chronic illnesses
- All children who live with infants under 6 months old
- All healthy children 6 months to 4 years

ADULTS

Tuesday, November 24, 2009 4:00 pm - 7:00pm

An open flu clinic for adults in the following categories:

Seasonal flu vaccines

- All adults

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H1N1 flu vaccines (Phase I & II)

- Pregnant women and their partners
- Direct care healthcare workers with ID
- Persons caring for or living with infants under 6 months old
- Adults without chronic illnesses who have children with chronic illnesses (mist vaccine)

Watch for future flu clinics on Monday, November 30 and Saturday, December 5. 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.

- 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.

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- 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
 - 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

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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