



**Northern Counties Health Care, Inc.**

# Flu Update 2009

NCHC has identified you or a family member as someone who should get either a Seasonal Flu or H1N1 (Swine) Flu vaccination. This mailing has important information about both types of flu including: prevention, symptoms, treatment, and vaccination options. If you are unsure about which vaccine you need, please call your health center.

**These are the people at risk of flu complications and should receive flu vaccine(s):**

## Seasonal Flu

- Pregnant women
- Caregivers and household members of children 5 years and younger, especially those with babies 6 months and younger
- All children 6 months through 18 years old, especially children younger than 5 years old
- People with chronic health conditions such as:
  - chronic lung disease
  - heart disease
  - liver disease
  - kidney disease
  - diabetes
  - immunosuppression
- People age 50 or older
- Health Care workers

## H1N1 (Swine) Flu

- Pregnant women
- Caregivers and household members of babies under six months old
- People 6 months to 24 years old
- Adults between ages 25-64 with chronic health conditions such as:
  - chronic lung disease
  - heart disease
  - liver disease
  - kidney disease
  - diabetes
  - immunosuppression
- Health Care workers

*\*Please note: the seasonal flu shot will not protect against H1N1 (Swine) Flu. However, people over age 50, while needing the Seasonal Flu shot, are NOT considered at risk for the H1N1 (Swine) flu.*

## NCHC Health Centers

Hardwick Area Health Center, 802-472-3000 ÉDanville Health Center, 802-684-2275  
Island Pond Health Center, 802-723-4300 ÉCaledonia Internal Medicine, 802-748-5174  
St. Johnsbury Family Health Center, 802-748-5041 ÉConcord Health Center, 802-695-2512

# Prevention

- Get vaccinated with the appropriate shot if you are in an at risk group.
- Cover your nose and mouth when you cough and sneeze.
- Wash your hands often and thoroughly.
- Keep yourself healthy.
- Drink plenty of fluids.
- Stay home if you are sick.

# Symptoms

Seasonal Flu and H1N1 (Swine) Flu symptoms are similar and include the **sudden onset** of:

- Fever and chills
- Body aches and headache
- Cough
- Sore throat
- Fatigue
- Vomiting and diarrhea

# Treatment

Treating the symptoms of influenza can help you to feel better, but will not shorten the duration of the flu.

- **If you are a high risk individual, you may benefit from antiviral prescribed medication if given within 48 hours of symptom onset. Consult with your health care provider to see if medications are indicated.**
- Rest until the flu is fully resolved, especially if the illness has been severe.
- Stay home from work and school for seven days after onset of first symptoms or 24 hours after your fever is gone, whichever is longer.
- If you leave home to seek medical care, wear a face mask and/or cover your mouth and nose if you cough or sneeze.
- Drink enough fluids so that you do not become dehydrated
- Take acetaminophen (such as Tylenol® and other brands) to relieve fever, headache, and muscle aches. Aspirin and medicines that include aspirin (e.g., Pepto-Bismol®), should be avoided, particularly in children under 18, because it can lead to a serious disease called Reye syndrome.
- Cough suppressants are not usually helpful; cough usually resolves without treatment. We do not recommend cough or cold medicine for children 6 years.

# When to seek help

Most people with the flu recover within one to two weeks without treatment. However, serious complications of the flu can occur. If you develop any of the following, **contact your healthcare provider immediately:**

- Shortness of breath or difficulty breathing
- Purple or blue discoloration of the lips
- Pain or pressure in the chest or abdomen
- Signs of dehydration, such as dizziness when standing, not passing urine, or, in infants, lack of tears when crying
- Confusion or less responsiveness than usual
- Seizures or convulsions
- Severe vomiting or the inability to keep fluids down

**Additional information is available by dialing 211 or at [www.cdc.gov](http://www.cdc.gov) or [www.healthvermont.gov](http://www.healthvermont.gov).**

## When should the vaccine be given?

### Seasonal Flu

- One vaccine (shot) given between September, 2009 and March, 2010.
- Children under 9 years old who have not had prior seasonal flu vaccine should have two doses, each one month apart.
- Available now at your health care provider office or community health clinic ô see Page 4

### H1N1 (Swine) Flu

- Will be given as soon as supplies are available from the Vermont Department of Health. This is expected to be in October, 2009.
- Children will need 2 doses, each 21-28 days apart.
- Adults with the above risk factors may only need 1 shot.

## Where to get your flu vaccines

### Seasonal Flu

- Public flu clinics have been scheduled throughout Orleans, Essex, and Caledonia counties (see page 4).
- Some Northern Counties practices are holding flu clinics at their offices for established patients (see page 4)
- At an already scheduled medical appointment. Please call your office to let them know you are in need of a Flu shot.

### H1N1 (Swine) Flu

- As we prepare this mailing, there is no definite schedule or locations for swine flu clinics.
- We anticipate the Vermont Department of Health will run school based clinics.
- All NCHC offices will receive H1N1 (Swine) Flu vaccine and be able to give the shots to high risk populations listed above.
- We strongly encourage our patients who are parents to ensure their school age children receive the vaccinations at school clinics or in our offices. \*Remember for children we expect there to be 2 shots each given 21-28 days apart.

## Flu vaccine cost and insurance coverage

### Seasonal Flu

- The cost for an adult receiving the shot at either an NCHC sponsored flu clinic or office is \$41. For a child the cost is \$26, both are covered by Medicare, and Medicaid. Patients without insurance will be charged their sliding fee, if applicable.



### H1N1 (Swine) Flu

- The Vermont Department of Health is providing Swine Flu vaccine at no charge to all at risk. There is a \$26 fee to give the shot, covered by Medicare, Medicaid, most private insurances. Those without insurance will be charged their sliding fee if applicable.

# Seasonal Flu Vaccine Clinics

## Seasonal Flu Clinics Open to the Public—Caledonia Home Health & Hospice, Inc.—802-748-8116

County	Town	Date	Time	Location	Population Served
Caledonia	Lyndonville	9/30	1:00-3:00 pm	Riverside Life Enrichment	All Adults
Caledonia	Lyndonville	10/1	1:00-3:00 pm	Riverside Life Enrichment	All Adults
Caledonia	Lyndonville	10/7	1:00-3:00 pm	Darling Inn (meal site)	All Adults
Caledonia	St. Johnsbury	10/14	9:00-12:00 pm	No. Congregational Church	All Adults
Caledonia	Peacham	10/14	2:00-3:30 pm	Peacham Elementary School	All Adults
Caledonia	Walden	10/15	1:30-3:00 pm	Walden School	All Adults
Essex	Concord	10/16	8:30-11:00 am	Concord Health Center	All Adults
Essex	Gilman	10/16	11:30-1:00 pm	Gilman Senior Center (meal site)	All Adults
Caledonia	Hardwick	10/19	9:00-11:30 am	Knights of Columbus Hall	All Adults
Caledonia	West Burke	10/21	11:00-1:00 pm	United Methodist Church	All Adults
Caledonia	Danville	10/22	9:00-12:00 pm	Danville Methodist Church	All Adults
Caledonia	West Barnet	10/23	8:30-12:00 pm	West Barnet Presbyterian	All Adults
Caledonia	Groton	10/23	1:30-3:00 pm	Groton Methodist Church	All Adults

**Northern Counties Health Care Clinics**  
**ESTABLISHED PATIENTS ONLY**  
**Call for an appointment on these days**

Location	Date	Time
Danville Health Center 684-2225	9/21/2009	1-3 pm
	9/24/2009	10-12 & 1:30-4:30 pm
	9/25/2009	1:30-4:30 pm
	9/29/2009	1:30-4:30 pm
Caledonia Internal Medicine 748-5174	9/17/2009	9-4 pm
	9/18/2009	
	9/21/2009	
	9/28/2009	
St. Johnsbury Family Health Center 748-5041	10/8/2009	8:15-11:30 am
	11/12/2009	8:15-11:30 am
	12/10/2009	8:15-11:30 am
Island Pond Health Center 723-4300	Tuesdays Starting 10/6/2009	9-11 am
Island Pond Health Center 723-4300	Thursdays Starting 10/8/2009	2-4 pm
Hardwick Area Health Center 472-3300	9/23/2009	8-11 am
	9/25/2009	8-11 am
	10/14/2009	1-4 pm
	10/16/2009	8-11 am
Concord Health Center 802-695-2512	Call to schedule an appointment	

**Orleans Essex VNA & Hospice, Inc. Flu Clinics**  
**802-334-5213**  
**Open to the Public**

Location	Date	Time
OEVNA Office, Newport	9/24/09	1-4 pm
IROC, Derby	9/30/09	9-12 pm
OEVNA Office, Newport	10/8/09	9-12 pm
OEVNA Office, Newport	10/13/09	1-4 pm
Coventry Town Clerk's Office	10/17/09	8:30-11:30 am
Sunrise Manor, Island Pond	10/19/09	9-12 pm
Westfield Community Center	10/22/9	9-12 pm
OEVNA Office, Newport	10/27/09	1-4 pm
OEVNA Office, Newport	11/3/09	1-4 pm

**Please share this information with family and friends!**