To: Colby-Sawyer Community
From: Baird Health and Counseling Center
Re: Flu Update: What’s New with the Flu?
Date: Sept. 18, 2009

As predicted, and as you know, we are experiencing a greater incidence of flu-like-illness on campus. We thought we’d do our best to keep you informed with periodic updates.

As we head into the weekend, we want to remind you to do what you can to stay healthy. Have fun and also get plenty of rest, eat well, drink fluids and enjoy the outdoors! If you are not feeling well, go home and rest if you can.

For students who become ill during the weekend and cannot go home, please stay in, drink plenty of fluids, and take fever reducing medication. If symptoms are severe (fever >104°F, persistent vomiting, and/or difficulty breathing), please go to emergency room.

Thus far, students that have had mild symptoms of flu are feeling better in a couple of days. Those with more severe symptoms have a bit longer recovery. Thank you all for your diligence in hand-washing, cough etiquette and social distancing to minimize the spread of flu. Without your preventive measures, illness could be worse.

What’s new?

Sample Testing
We are keeping the state of New Hampshire advised of our incidence of flu-like symptoms as part of their surveillance program. They have requested that we provide samples from a few students for testing so that they can determine the type of illness we have on campus. Currently, treatment and precautions are the same regardless of the type of flu (seasonal or H1N1) that we are experiencing so any outcome of test results will not change our current method of prevention and treatment.

For students with underlying medical conditions that have an ill roommate¹ (see conditions below)
We will recommend anti-viral medication to prevent potential complications of the flu to students w/ certain underlying medical conditions in compliance with CDC recommendations. Students who are at risk of flu complications due to medical conditions may want to consult with their primary care physician (PCP). Should you develop flu-like symptoms over the weekend, please contact your PCP or request that your RD access the SDA on-call. This group of students is also advised to get the seasonal flu shot. You will be contacted directly when we receive our vaccine supply; however, you may wish to get shots at an outside clinic if the shots become available sooner.

What do you want to know?
If you have questions about the flu and want to know, please e-mail us at BHCC@colby-sawyer.edu. We may feature your question and answer in the next FLU Update!
Persons with the following conditions are at greatest risk of flu:
Asthma (if currently symptomatic or under treatment), cardiovascular (except hypertension),
kidney, liver, hematological (including sickle cell disease), neurologic, neuromuscular, or
metabolic disorders (including diabetes mellitus); Immunosuppression, including that caused by
medications or by HIV; Pregnant women; and Persons younger than 19 years of age who are receiving long-term aspirin
therapy.

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