

November 2, 2009

Dear Students, Parents, Faculty, and Staff,

The Meredith College Health Center will administer the H1N1 nasal spray vaccine to eligible Meredith students, faculty, and staff **free of charge** Tuesdays, Wednesdays, and Thursdays beginning November 3, 2009. The nasal spray vaccine will be available from 9:00am - 3:00pm until our supply is exhausted.

For the first week, the following 3 groups will receive priority for the nasal vaccine as recommended by the CDC.

1. Healthy people from 2 to 24 years of age
2. Healthy adults from 25 to 49 years of age that live or care for infants younger than 6 months of age
3. Healthcare workers

Any remaining doses will be available beginning Tuesday, November 10, 2009, to all other eligible Meredith students, faculty and staff.

The following people should **NOT** receive H1N1 nasal spray, as it is a weakened live virus:

1. Children younger than 2 years
2. Adults 50 years or older
3. Pregnant women
4. Anyone with long-term health problems such as: heart disease, lung disease, asthma, kidney or liver disease, metabolic disease such as diabetes, and anemia or other blood disorders
5. Anyone who has a severe allergy to eggs, or to any other substance in the vaccine
6. Anyone with a weakened immune system (taking chemotherapy, HIV, etc)
7. Anyone with certain muscle and nerve disorders that can lead to breathing and swallowing problems (cerebral palsy)
8. Anyone in close contact with a person with a severely weakened immune system (bone marrow recipient)
9. Children or adolescents on long-term aspirin therapy
10. Children younger than 5 years with one or more episodes of wheezing during the past year

For more information about 2009 H1N1 influenza vaccine live, attenuated (nasal spray) vaccine please refer to the CDC Vaccine Information Statement.

<http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-laiv-h1n1.pdf>

The Health Center hopes to have the injectable H1N1 vaccine at some point. In the meantime, you are welcome to contact your primary care provider or Wake County Health and Human Services Immunization Division (250-3900) to inquire about the availability of injectable H1N1 vaccine.

Please remember that H1N1 vaccine will not protect you from the seasonal flu and seasonal flu vaccine will not offer protection for H1N1 (swine-origin) flu. This year there are two different vaccines: one for seasonal influenza and one for H1N1 (swine-origin) influenza.

Take care,

Sherri  
Sherri Henderson  
Director of Health Services  
Meredith College  
919.760-8535