

## Important Information Regarding Flu Vaccines

The Health Center wants you to know about the upcoming flu vaccine clinics. This year we will be vaccinating for seasonal influenza and novel H1N1 influenza. Seasonal influenza is defined as the flu usually experienced in the fall and winter of the year. Novel H1N1 influenza is defined as swine origin flu. There will be one vaccine administered for seasonal influenza and most likely two vaccines administered 3-4 weeks apart for novel H1N1 influenza.

### **SEASONAL FLU VACCINE**

**When should I get vaccinated for seasonal flu?** In past years, the Centers for Disease Control (CDC) recommended that we administer seasonal flu vaccine in late September or early October. However, this year, the CDC recommends administering seasonal flu vaccine as soon as it is available. **This year, the seasonal flu vaccine will be available in the Health Center beginning Monday, September 14<sup>th</sup> at 1:00 pm.**

**Who should and should not get the seasonal flu vaccine?** Most people are encouraged to get the seasonal flu vaccine as soon as possible this season. Several reasons people should not be vaccinated without consulting their physician include those who have a severe allergy to chicken eggs, people who have had a severe reaction to an influenza vaccination in the past, and people who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.) For more information on who should not receive seasonal flu vaccine, please go to: <http://www.cdc.gov/flu/protect/keyfacts.htm>

**What is the cost?** The seasonal flu vaccine will be available to students at the health center for \$20 while supplies last. Payment can be made by check, cash, or student account charge. This remains an employee benefit to faculty and staff at no charge.

### **NOTE TO THOSE INSURED BY BLUE CROSS BLUE SHIELD of NORTH CAROLINA (BCBS NC)**

**What if I have BCBS NC?** Students, faculty and staff who have preventive benefits with Blue Cross Blue Shield of North Carolina (BCBS NC) will be able to receive the vaccine at no charge when BCBS NC is on campus (see schedule below). Family members of students, faculty and staff who have preventive benefits with BCBS NC will also be eligible to receive their seasonal influenza vaccine during the BCBS NC clinics. If you are not sure whether your BCBS NC plan covers these services, please call 1-877-258-3334.

**What if I have BCBS with another state?** BCBS NC does not accept BCBS insurance cards from other states. If you do not have BCBS NC, and wish to receive the seasonal flu vaccine from BCBS NC during the BCBS NC clinic there is a charge of \$30. Students who do not have BCBS NC can choose to receive the seasonal flu vaccine at Carroll Health Center for a charge of \$20.

**What do I need to bring if I have preventive benefits with BCBS NC?** You will need to bring your BCBS NC insurance card and a photo ID.

### **When/where/what time will BCBS NC be on campus?**

Faculty/Staff/Students	Monday, September 14 <sup>th</sup>	Chapel Foyer	1 pm – 4:30 pm
Faculty/Staff/Students	Thursday, September 17 <sup>th</sup>	Dogwood A & B	9 am –1 pm
Faculty/Staff/Students	Friday, October 2 <sup>nd</sup>	Kresge	9 am –1 pm
Faculty/Staff/Students	Wednesday, October 28 <sup>th</sup>	Kresge	10 am –3 pm
Faculty and Staff only	Wednesday, October 28 <sup>th</sup>	Azalea Room	10 am –3 pm
	Employee Benefits Fair	Lower Level Belk Dining Hall	

## **NOVEL H1N1 VACCINE**

### **When should I get vaccinated for novel H1N1 flu?**

As soon as novel H1N1 vaccine is available at Meredith, there will be notification posted on e-news, and sent to students, faculty, and staff by e-mail.

### **Who is in the priority target group to receive novel H1N1 vaccine?**

In addition to the seasonal flu vaccine, Meredith has ordered novel H1N1 flu vaccine from Wake County Human Services Public Health Center. The CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the novel H1N1 vaccine when it first becomes available. As of August 30, 2009, these target groups include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, **persons between the ages of 6 months and 24 years old**, and persons between the ages 25 and 64 who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems. This list could change depending on availability.

**Who should and should not get the novel H1N1 flu vaccine?** The same guidelines apply to novel H1N1 flu vaccine as seasonal flu vaccine. As of August 2009, people who are in the priority target group mentioned above are encouraged to get the novel H1N1 flu vaccine as soon as it is available. Several reasons people should not be vaccinated without consulting their physician include those who have a severe allergy to chicken eggs, people who have had a severe reaction to an influenza vaccination in the past, and people who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.) For more information on who should not receive Novel H1N1 flu vaccine, please go to: <http://www.cdc.gov/flu/protect/keyfacts.htm>

**What is the cost of novel H1N1 flu vaccine?** The federal government has purchased all novel H1N1 flu vaccine and is providing the vaccine, needles, syringes, alcohol wipes, and sharps containers at no charge to facilities to administer the vaccine. Carroll Health Center will administer this vaccine at no cost to those who receive the vaccine at Meredith.

**At this time, we have not been informed when we will receive the novel H1N1 vaccine (likely sometime in October). Please return to this website and refer to e-news for more information about upcoming novel H1N1 vaccination clinics at Meredith.**

For more information about novel H1N1 vaccine, please refer to the CDC website: [http://www.cdc.gov/NovelH1N1flu/vaccination/public/vaccination\\_qa\\_pub.htm](http://www.cdc.gov/NovelH1N1flu/vaccination/public/vaccination_qa_pub.htm)

Stay Healthy, wash your hands, cover your cough or sneeze, and please stay home if you are sick.