

November 16, 2009

Dear Students,

The Student Health Center has received a larger supply of H1N1 shots and would like to now offer H1N1 vaccination to all students.

The Student Health Center will be holding a special off-site immunization clinic for both H1N1 and seasonal influenza in the Sarratt Promenade on Wednesday, November 18, from 10 a.m. until 2 p.m., while supplies last.

Students who cannot attend this special clinic may also receive both H1N1 and seasonal vaccines at the Student Health Center on a walk-in basis, Monday through Friday from 8 a.m. until 4:30 p.m. Generally, the wait times for immunizations at Sarratt will be shorter than the waits at the Student Health Center, so we encourage students to take advantage of this opportunity for vaccination.

Since H1N1 has most commonly affected children and young adults, the Student Health Center strongly encourages all students to obtain this vaccine. The vaccine has been thoroughly studied, is produced in exactly the same manner as seasonal influenza vaccine, and is a safe, effective tool in protecting yourself from H1N1 influenza.

We also believe it's especially important to protect our students from seasonal flu this year, since both H1N1 and seasonal viruses are expected to continue to widely circulate this winter. There are both personal and public health reasons to get both flu vaccines. Having flu twice (seasonal + H1N1) is a great disruption to a student's academic and social life! In addition, ill students may inadvertently pass influenza to high-risk individuals such as professors and other students, and may also expose family members when home over Thanksgiving and Winter Break.

In addition to receiving annual H1N1 and seasonal influenza vaccinations, the most important tool to protect yourself is frequent hand washing and avoiding the sharing of food, drink or personal items, such as toothbrushes and makeup, with others. Patients with influenza are contagious starting 24 hours before symptoms begin, meaning that even a seemingly well person can infect others before knowing that he/she is ill. The Student Health's website at www.vanderbilt.edu/student_health/link/swine-flu contains valuable links and FAQ's that you should find helpful.

Any student with a temperature greater than 100.0 and cough or sore throat should call the Student Health Center at 615-322-2427 and make an appointment for evaluation.

Sincerely,
The Student Health Center