

October 26, 2009

Dear Students,

The Student Health Center has just received another large shipment of seasonal flu vaccine and would like to encourage all students who remain unvaccinated to take advantage of upcoming mass flu vaccination clinics before the onset of the seasonal flu season, which typically begins in November.

We believe it's especially important to protect our students from seasonal flu this year, since the H1N1 virus is also expected to continue to widely circulate this winter. There are both personal and public health reasons to get seasonal flu vaccine, which is well proven to reduce infection rates. 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.

Flu injection clinics will be held:

1. Sarratt Promenade, Wednesday, October 28<sup>th</sup>, 10 a.m. until 2 p.m.
2. Student Health Center lobby, Monday, November 2<sup>nd</sup>, 5 p.m. until 7 p.m.

Students who cannot attend the injection clinics above can also receive vaccine during regular business hours (Monday through Friday, 8 a.m. until 4 p.m.) at the Student Health Center on a walk-in basis.

H1N1 vaccine is being distributed to state health departments, which in turn distribute the vaccine to sites in each state. Not surprisingly, large hospitals or medical centers are given first priority to receive vaccine. The Vanderbilt University Medical Center has received both nasal vaccine as well as a smaller quantity of H1N1 vaccine shots. Both forms of H1N1 vaccine are currently only available to Medical Center staff and faculty, with a very small portion of that also reserved for medical and nursing students on rotations in the hospital. Student Health is expecting that its own shipment of H1N1 vaccine will arrive this fall, but the exact dates remain unknown. The Student Health Center will notify students as soon as H1N1 vaccine arrives in the clinic.

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 he/she knows he/she is ill. The Student Health's website at [http://www.vanderbilt.edu/student\\_health/link/swine-flu](http://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