GREATER SULLIVAN COUNTY PUBLIC HEALTH NETWORK & MEDICAL RESERVE CORPS

PULSE of the Region

11/01/2009

PULSE is a publication of the Greater Sullivan County Public Health Network, serving 15 municipalities in Merrimack and Sullivan counties. View us on the web at www.sullivancounty.gov/publichealth

HIGHLIGHTS:

H1N1: REGION TO HOLD SCHOOL VACCINATIONS AND PUBLIC CLINCS

- **Watch the Public Health Network web site for updates on H1N1 clinics near you this December.**
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WELCOME TWO NEW POSITIONS

- **Jennifer Goodell, Administrative Assistant to PHN**
- **Shawna Carpenter, Volunteer Services Coordinator**

MARK YOUR CALENDAR

- **Next RCC MEETING will be held on the 2nd Thursday November 12th due to conference and holiday. 9—11 am 14 Main St Newport.**

H1N1 Vaccination Benefits Outweigh Risks according to CDC

Article by Jana Gillespie

"Will the benefits of the 2009 H1N1 influenza vaccine outweigh the risks?" The Centers for Disease Control answers: **YES**.

Currently the 2009 H1N1 influenza virus is causing serious health outcomes for healthy young people from birth through age 24, pregnant women, and adults ages 25-64 who have underlying medical conditions.

Seasonal flu vaccines are highly effective in preventing influenza disease. The expectation is that the vaccine against 2009 H1N1 will work like the seasonal flu vaccines. The CDC and FDA (Food and Drug Administration) **believe that the benefits of receiving the 2009 H1N1 flu vaccine far outweigh the risks.**

Vaccination is the best way to prevent flu infection and its complications. This is the reason that the CDC, national health organizations, your regional Public Health Network, and healthcare providers intensively promote vaccination for seasonal influenza, and the reason why so much work is being done to have a vaccine available this fall for the 2009 H1N1 influenza virus.

Influenza vaccines do not protect against other viruses that cause respiratory illnesses. Even after you are vaccinated, it is still important to wash your hands well and often, to cover your cough and sneezes, and to stay home if you are sick (for at least 24 hours after all fever is gone).

The CDC and the FDA encourage you to ask your health care provider any questions you may have. Your health care provider is an excellent source for information on H1N1 and seasonal flu. Also seek out the medical facts from reliable, scientific sources, like: www.cdc.gov or www.flu.gov.

CALLING ALL VOLUNTEERS !

Article by Jessica McAuliff

Medical Reserve Corps is going strong! Eleven new members of the Greater Sullivan County Medical Reserve Corps (GSC MRC) completed all of their competencies and graduated in a reception this October.

These members now form TEAM 1 of the regional MRC. TEAM 1 will be working hard to staff flu clinics and promote wellness this fall and winter season; but we can't do it alone!

JOIN MRC TODAY ! Be a part of a rewarding volunteer experience offering many unique opportunities to serve your community. Call (603) 398-2222 or email for more information. **mrc@sullivancountynh.gov**

Flu Preparedness

Article by Jessica McAuliff

Did you wash your hands after handling this newsletter? Probably should. As you have heard, viruses like H1N1 and seasonal flu have hit our area. The Public Health Network is working to help you to stay healthy this season. Through new grant funding from the Centers for Disease Control and Prevention (CDC) and NH DHHS, we are hosting H1N1 vaccination clinics in all school districts within the region,

as well as planning for **public clinics to be held in December**, at these locations:

1. **Charlestown Primary School,**
2. **Claremont Middle School,**
3. **New London Middle School on Pleasant Street,**
4. **Newport High School.**

Check your local media and our website for updates on the exact dates.

www.sullivancountynh.gov/publichealth

You Public Health Region is working hard on flu preparedness.

Region welcomes new positions

Article by Jessica McAuliff

Jennifer Goodell joins our team this month in the position of Administrative Assistant to the Public Health Network. She will work part time out of the Unity office. Jennifer graduated from Vermont Technical College in 2003 with a degree in Veterinary Technology. She has experience working on a survey project for the Public Health Network in 2008. She lives in Claremont. Welcome aboard!

Shawna Carpenter joins our team this month in a part time consultant capacity, as Volunteer Services Coordinator for the Public Health Network. She will work on Medical Reserve Corps recruitment and clinic staffing. A Veteran of the US Air Force and the US Navy Reserves, Shawna is currently working toward her Master's in Physician Assistant at Franklin Pierce University where she holds a Bachelor's degree. She brings 14 years of experience in the nursing field to this position. Both Jennifer and Shawna are very excited to join our public health team. Welcome!

Your Contributions, Please

Don't forget to check the website for CALENDAR of upcoming events and meetings !

www.sullivancountynh.gov/publichealth

We need your public health news!

Submit your contribution to our new newsletter, "PULSE of The Region"!

I can't keep this up without your input!

Feedback, Feedback!

How do you like the newsletter? Please let us know.

phn@sullivancountynh.gov

Corrections?

If an error appears we will gladly make a correction.

phn@sullivancountynh.gov

NEXT RCC MEETING is on the second Thursday of November this month due to calendar conflicts.

Mark your calendar:

Thursday Nov 12th

9-11 am

14 Main St. Newport NH