

Get Vaccinated For H1N1 and Seasonal Influenza! September 18, 2009

To UWRF students, faculty, and staff,

Persons will need separate vaccines for seasonal and H1N1 influenza. Seasonal influenza vaccines are currently available at numerous locations, many listed below. While it was initially thought that the H1N1 vaccine would be a two shot series, recent evidence suggests that adults may only need one shot to be adequately protected. Please continue to check websites below for updated information on influenza and vaccination, as information can change.

Currently, we plan to have three influenza vaccine clinics on campus this fall:

1. For UW-River Falls faculty and staff for seasonal influenza vaccines:

Wednesday Oct 21, 2009 from 11:30-1:30 in the Trimble Room 231 in the University Center (sponsored by Student Health Services and Western Wisconsin Medical Associates). Insurances that will be accepted are Humana, Blue Cross/Blue Shield-Anthem, and WPS. Employees with Group Health or any other insurance can receive a flu shot for \$35. For those with accepted health insurances, your insurance will be billed for the cost of the flu vaccine with presentation of a current and active health insurance card.

For H1N1 vaccines and seasonal influenza vaccines:

2. Wednesday, November 4, 2009 from 10:30 a.m.-2:30 p.m. in the Falcon's Nest in the University Center (sponsored by Student Health Services and Pierce County Public Health Department). The plan is for H1N1 vaccines to be available for students and those at higher risk for disease or complications (people age 6 months to 24 years, persons aged 25 through 64 years who have health conditions putting them at higher risk for influenza complications, pregnant women, healthcare and emergency services personnel, and persons who live with/care for children under 6 months of age). Current information indicates H1N1 vaccines will be available at no cost. The cost for seasonal influenza flu shots at this campus clinic will \$25 for students (subsidized by Student Health Services) and \$30 for non-students.

3. Wednesday, December 2, 2009 from 10:30 a.m.-2:30 p.m. in the Falcon's Nest in the University Center. The plan is that H1N1 vaccines will be available for all others not at higher risk who wish to be vaccinated, and seasonal influenza vaccines if supplies are still available (same costs as November 4th).

H1N1 Influenza Vaccines:

Once available, H1N1 vaccines will be offered at many of the same locations as seasonal influenza vaccines, so check with these providers once the H1N1 vaccine becomes available.

Seasonal Influenza Vaccines Also Available:

Seasonal influenza vaccines are also currently available through both Pierce County Public Health Department (273-6755) and Saint Croix County Public Health Department (715/246-8263) for \$30. Please check local papers for area clinics, dates, times, and locations, or call for more information. For example, Pierce County Public Health Department is offering a seasonal

influenza vaccine clinic at Saint Bridget's Catholic Church in River Falls (536 North Main) from 12:30-1:30 p.m. on October 8, 2009 (for \$30).

The River Falls Medical Clinic is currently offering seasonal influenza shots for the cost of \$35. The River Falls Medical Clinic also currently has FluMist (nasal spray; live, attenuated virus; persons aged 2-49 years old), but at a higher cost (\$45). Persons should call ahead to 425-6701 to schedule an appointment.

Walgreens Pharmacy (426-4089) in River Falls is offering seasonal influenza vaccines for adults, by appointment, for \$24.99. Persons can call or stop by to schedule an appointment.

Shopko Pharmacy (425-6272) in River Falls will soon be offering seasonal influenza vaccines for the cost of \$30. Once available, persons may walk-in, best between 1-4 p.m., or clinics will be offered on October 7, 2009 from 9 a.m.-5 p.m., October 8, 2009 from 4-8 p.m., October 29th from 1-9 p.m., and October 31, 2009 from 9 a.m.-noon.

Maxim Health Services also offers area seasonal influenza vaccine clinics, where flu shots are available for the cost of approximately \$30. For more information, check out their web page at <http://www.findaflushot.com/>. For example, they are offering seasonal flu shots at Saint Bridget's Catholic Church in River Falls (536 North Main, 425-5983) from 2:00 to 4:00 p.m. on October 21, 2009.

The Influenza Vaccination Information Statement for the 2009/2010 seasonal influenza vaccine is available at <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf> (Inactivated influenza vaccine) or <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flulive.pdf> (Live, intranasal influenza vaccine).

To learn more about Novel H1N1 influenza, check out <http://www.pandemicflu.gov/> or <http://www.flu.gov/> or Wisconsin's Pandemic Flu Resource available at <http://pandemic.wisconsin.gov/>. In particular, check out Take 3 Steps to Fight the Flu at <http://www.cdc.gov/flu/protect/preventing.htm>. There are many things individuals and can do to be prepared. To learn more, go to <http://pandemicflu.gov/individual/index.html> or check out the Wisconsin Pandemic Influenza Toolkit for Families at <http://pandemic.wisconsin.gov/>.

For more information about Novel H1N1 influenza and the University's response, go to <http://uwrf.edu/emergency/>. For more information or questions, contact Student Health Services at 425-3293 (<http://uwrf.edu/studenthealth/>).

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