

Be an inFLUencer: Don't miss out due to the flu



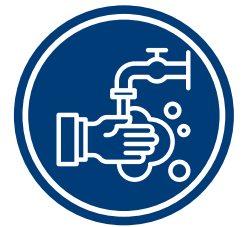
Influenza, or the flu, is a serious respiratory infection caused by influenza viruses. This year, the Centers for Disease Control and Prevention (CDC) has already reported multiple flu outbreaks in colleges and universities across the country. The CDC is also expecting this number to increase during the winter months. Living and studying in close quarters on college campuses allows flu viruses to spread quickly.

Take action to prevent the flu!

► **Get your flu vaccine!** The flu vaccine is the best way to protect yourself from getting sick from a flu virus. It is estimated that the flu vaccine prevented 7.52 million flu cases in 2020.



► **Take everyday steps to stay healthy!** Avoiding close contact with people who are sick, staying home when sick, covering coughs and sneezes, and washing your hands all help prevent the flu from spreading.



Why is it important to get a flu vaccine this year?

- This year, it is especially important to get your flu vaccine because you want to avoid getting sick when hospitals and health care providers are busy responding to the COVID-19 pandemic.
- By protecting yourself against the flu, you do not have to worry about missing out on social activities and classes. Getting vaccinated against the flu helps keep you healthy and helps stop you from spreading it to your friends and family.

Check with your doctor or campus clinic to see if you can make your flu vaccine appointment today! Visit: vaccinefinder.gov if you cannot schedule an appointment.

