



SAN DIEGO STATE
UNIVERSITY

Student Health Services
5500 Campanile Drive
San Diego, CA 92182-4701
TEL: 619-594-4325
FAX: 619-594-3638
<http://shs.sdsu.edu>

Memo

From: Gregg Lichtenstein, MD, MBA, Director, Student Health Services
To: SDSU Students, Faculty and Staff
Date: 11/16/16
Subject: Annual Flu Immunization Recommendation

While influenza (flu) virus is transmitted year round, November 1 to March 31 is the season when illness is most common. **Don't miss class and fall behind! Get vaccinated against the flu now for only \$15!** Yearly flu vaccination is the most effective method for preventing influenza virus infection and its complications. Each year, 5-10% of Americans are infected with flu viruses, and an average of 23,000 people die and 220,000 are hospitalized due to complications of this preventable infection. The Centers for Disease Control (CDC) recommends influenza ("flu") immunization for *all individuals 6 months of age or older* rather than focusing on individuals at highest risk for complications from the virus. Vaccinating those who care for infants younger than 6 months protects not only those individuals, but also these young children. The flu vaccine provided by Student Health Services this year protects against two strains of influenza type A and two strains of influenza B viruses, including two strains different from those used in last year's immunization. Flu vaccination has been shown to prevent illness in about 70-90% of healthy persons under age 65. A special high dose vaccine designed for those ages 65 and older, is available elsewhere.

Seasonal flu vaccine injections are available to currently enrolled SDSU students, faculty and staff for \$15 at Student Health Services at Calpulli Center, Monday, Wednesday and Friday, 8:45-11:45 AM and 1:30 to 4:15 PM. Students may schedule a visit through our secure webportal, HealthConnect.sdsu.edu or students, faculty and staff may call 619-594-4325 and press "1" for an appointment.