FOR IMMEDIATE RELEASE

SDSU Student Health Services
619-594-4325

Flu Update

Public Health authorities are reporting significantly elevated levels of influenza in San Diego County. Adults ages 20 to 64 have been at greater risk of becoming ill, sometimes seriously, with influenza.

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. While this year’s dominant flu strain is not contained in the vaccine, the immunization does provide protection against several of the circulating strains. Some protection is better than none!

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, 8:45-12:15 AM and 1:30 to 4:30 PM. You may schedule an appointment through our secure webportal, HealtheConnect.sdsu.edu or call 619-594-4325 and press “1” for an appointment.

If you become ill with flu-like symptoms (fever, cough, body aches, runny nose),

- Stay home and contact your professor and employer that you are ill, making arrangements to make up assignments as necessary. Student Health Services does not issue medical excuses for short term illnesses. Do not return until you have no fever for 24 hours without the use of fever-lowering medications.
- Cover your cough and wash your hands for at least 20 seconds or use an alcohol-based hand sanitizer to prevent transmitting your infection to others.
- Low-cost over-the-counter medications and thermometers are available at the Student Health Services Pharmacy.
- For more severe illness, see your private healthcare provider (students may call SDSU Student Health Services for an appointment), particularly if you have an underlying chronic health problem. Antiviral medication may slightly shorten the length of your illness if given in 48 hours of the onset of symptoms, but is expensive.

SHS does not issue medical excuses for short illnesses, but will work with students who have long term absences due to illness.

For further information about the flu, www.cdc.gov/flu/