Don’t be a statistic; get vaccinated against the flu! 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. This year’s flu vaccine provides protection against two different strains 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. To build adequate immunity, CDC suggests vaccination as soon as the vaccine becomes available, which is now! Student Health Services uses a standard flu vaccine that is injectable and protects against the 4 most common viral strains that were in circulation earlier this year. 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 $20 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, HealtheConnect.sdsu.edu or students, faculty and staff may call 619-594-4325 for an appointment.