

# Avoid the flu: Don't wait – vaccinate!

It's estimated that five to 20 percent of people in the United States get influenza each year. The best way to avoid being one of those people is to get your flu shot. Fortunately you can get a flu shot conveniently on campus. McKinley Health Center once again is offering flu shot clinics all over campus. Take advantage of this easy way to protect yourself for the flu virus.

Read on to discover where and when flu shots are being given, and more about the flu vaccine.

Here are some helpful facts about this year's anticipated flu season, and this season's flu shot recommendations from the Centers for Disease Control (CDC):

## **When should I get vaccinated?**

The CDC recommends getting the vaccine before the flu starts spreading in your community. Most people should ideally receive the vaccine by the end of October. People who are at-risk (e.g., the elderly, very young children) should get the flu vaccine as soon as it's available in their area.

## **What if I don't get vaccinated by the end of October? Is there any point getting it later?**

According to the CDC, getting vaccinated later can still be beneficial.

## **Can I get the nasal spray instead?**

The nasal spray flu vaccine (trade name FluMist®) is not recommended this season because of concerns that it may not work well. Because FluMist® is an FDA-licensed product, some providers may still offer it. It is important be aware that because of concerns about this vaccine's effectiveness, the CDC recommends only using injectable flu vaccines (flu shots).

## **Where can I get a flu shot on campus?**

McKinley Health Center will operate flu clinics at a wide variety of locations, including the Undergraduate Library, Ikenberry Commons, Activities and Recreation Center, Illini Union and more. You can also go to McKinley Health Center between 10 am to 4:30 pm, Monday-Friday.

You do not need an appointment; the clinics operate on a walk-in basis. There is no charge for employees with state sponsored insurance plans; be sure to bring your insurance card to the flu clinic. If you do not have state sponsored insurance, you can get a flu shot for \$32. For the full list of campus flu clinic locations, dates and times go to <http://illinois.edu/calendar/list/2849>

## **Don't delay – vaccinate today!**

It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so don't delay!

