

WEEKLY WELLNESS & COUNSELING NEWSLETTER



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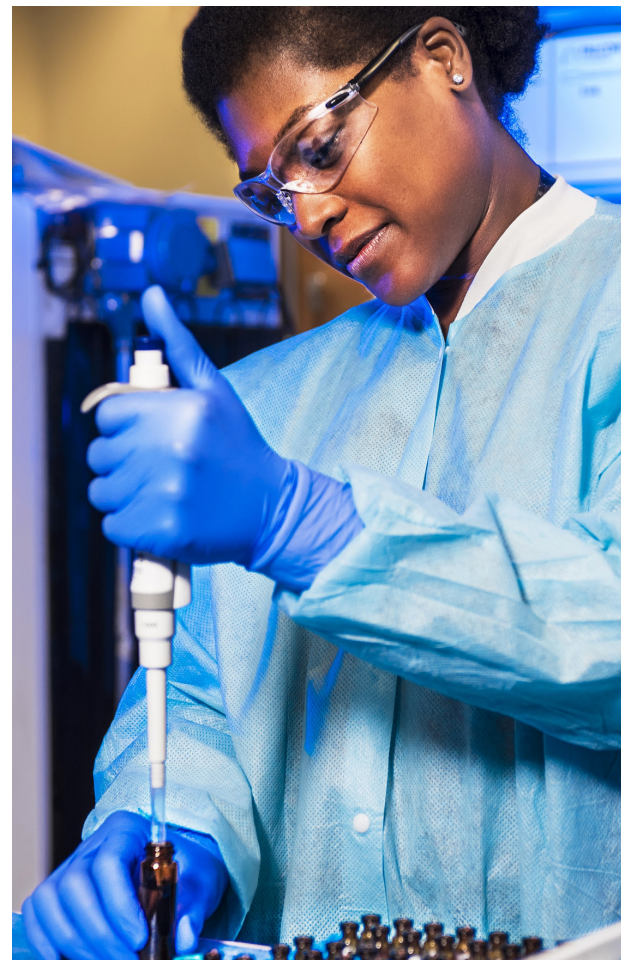
WHAT IS INFLUENZA?



Influenza, commonly known as "the flu", is a contagious respiratory illness caused by a virus that infects the nose, throat, and lungs. The flu can cause a variety of symptoms that range in severity from mild to severe, and at times can lead to death.

The most current research indicates that flu viruses mainly spread via droplets made when an infected person coughs, sneezes, or talks. A person might also get the flu by touching an object that has the virus on it, then touching their nose or mouth, although this is less common.

The best way to prevent influenza is by getting a flu vaccine each year.



GETTING THE FLU SHOT

Since influenza activity usually begins to increase in October, the CDC recommends getting the flu vaccine by the end of the month, if possible.

The Wellness Center is providing multiple opportunities for students to receive the flu shot without having to leave campus. From **October 12-14**, CVS Pharmacy will operate our flu shot clinic **in the field house** alongside mandatory COVID-19 testing. Students can receive a flu shot when they show up for their regularly scheduled COVID-19 test, or any time **between 9:00am and 4:00pm**. You must bring your **insurance card** in order to participate in the flu shot clinic.

Faculty and staff are invited to receive their flu shots in the fieldhouse **October 12-14 from 4:00pm to 5:00pm**.

PLEASE PRINT AND FILL OUT [THIS FORM](#) TO EXPEDITE THE PROCESS.



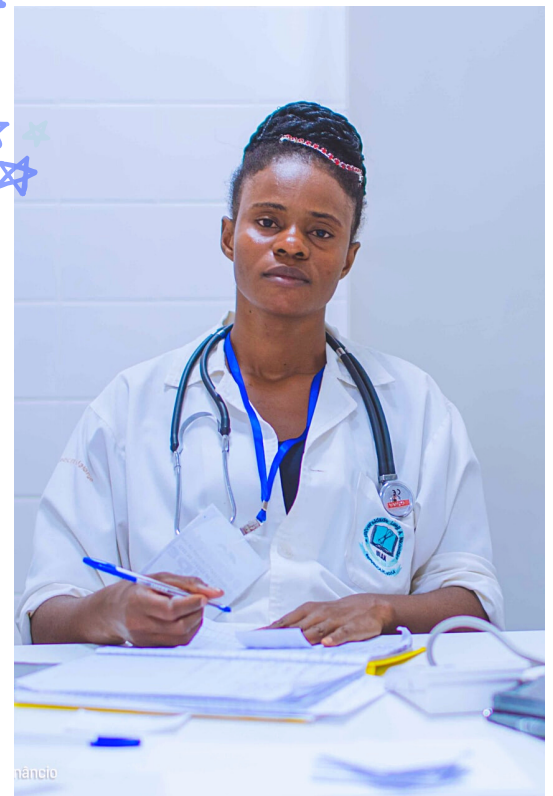
Don't forget to bring a photo or copy of your insurance card with you to the Flu Shot Clinic this week!



Unable to participate in the flu shot clinic this week?

Flu shots are also available in the Wellness Center for \$20.00 by appointment only. We accept cash, check, or can charge your student account.

Please email wellness@ursinus.edu to schedule an appointment.



FLU SYMPTOMS

Flu symptoms usually come on suddenly. They can include:

- Fever or feeling feverish/chills
- Sore throat
- Cough
- Runny or stuffy nose
- Headaches
- Muscle or body aches
- Fatigue



Some of the symptoms of the flu are similar to those of COVID-19, making it hard to tell the difference between them based on symptoms alone. Diagnostic tests can help determine if you are sick with the flu or COVID-19, which is why it is essential that all students **defend our den** by continuing to participate in weekly COVID-19 testing on campus.

TREATMENT

According to the CDC, most people with the flu have mild illness and do not need professional medical care or antiviral drugs. Be sure to get enough rest and drink plenty of water to avoid dehydration.

If your flu symptoms are severe or you are having trouble managing them on your own, please call 610-409-3100 or email the Wellness Center to make an appointment.



AVOIDING THE SPREAD OF INFLUENZA

Getting the flu vaccine this season not only prevents the spread of influenza, but it can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic. Take these everyday preventative actions to reduce the spread of the flu:

- Avoid close contact with people who are sick
- If you are sick, limit contact with others as much as possible
- Cover your nose and mouth when coughing and sneezing
- Wash your hands often with soap and water
- Avoid touching your nose, mouth, and eyes
- Continue to follow mask wearing guidelines

