Get Your Flu Shot on Campus This Month

University Relations - Communications
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Flu season is just around the corner. Now is the time to look into getting a flu shot at an on-campus clinic.

Benefits-eligible UA employees, as well as their spouses and dependents, can get a free flu shot at these clinics, which are offered by the state of Arizona and coordinated by Life & Work Connections. For those who are not benefits-eligible, the cost is $30. Cash and checks are accepted, but not credit cards.

To get a flu shot, bring a completed consent form [1] (PDF), your insurance card and your employee identification number, which can be found on your timesheet.

According to the Centers for Disease Control and Prevention [2], flu season tends to peak between December and February, but often begins as early as October. The CDC recommends flu shots for everyone 6 months of age and older to prevent the spread of the virus.

"Evidence from two studies presented at the International Conference on Emerging Infectious Diseases indicates that the current flu vaccine can protect for six months and last throughout the flu season," said Nancy Rogers, senior coordinator of employee wellness and health promotion for UA Life & Work Connections [3].

David Salafsky, director of health promotion and preventive services at the UA Campus Health Service [4], said the UA hasn't had any reported cases of the flu as of yet, but that influenza cases have been confirmed in multiple Arizona counties.

"Flu activity usually picks up here after Halloween, so getting your flu shot now is the best way to be prepared," Salafsky said. "Getting the flu shot is still the No. 1 way to protect yourself. If that's not reason enough, consider that getting vaccinated also protects your family, friends and co-workers, as well."

In addition to getting a flu shot, people can take everyday preventive measures to reduce the transmission of flu germs, such as thorough hand-washing ? at least 20 seconds with soap and water ? and staying home when sick.

"Taking care of yourself by getting enough sleep and choosing healthy foods is also important," Rogers said.
This year, the UA will be offering the Quadrivalent vaccine to combat four separate, yet similar, strains of flu. The symptoms are similar to the common cold, but are often far more intense. Colds, for example, rarely cause fever or headaches, while the flu can result in muscle aches, chills, cough, fever, headaches and sore throat, with even more serious consequences for the elderly, newborn babies and people with certain chronic illnesses.

“So far this year, the CDC reports that the new vaccine is a good match for the types of flu that are already circulating in the southern hemisphere, meaning it is likely to be very effective once we move into flu season here,” Salafsky said.

October’s remaining campus flu clinic dates and locations are:

- Oct. 7: Southwest entrance of McClelland Hall from 9 a.m.-noon; south entrance of the Electrical and Computer Engineering Building from 1-2:30 p.m.
- Oct. 8: North entrance of the Main Library from 9 a.m.-noon and 1-3 p.m.
- Oct. 9: East entrance of University Information Technology Services from 9 a.m.-noon; west entrance of Forbes from 1-2:30 p.m.
- Oct. 13: Northwest corner of the Meinel Optical Sciences Building from 9 a.m.-noon; east entrance of the University Services Building from 1-3 p.m.
- Oct. 14: North entrance of the Administration Building from 9-11 a.m.; Room 103 of the Thomas W. Keating Bioresearch Building (BIO5) from 12:30-3 p.m.
- Oct. 15: North entrance of the Douglass Building from 9 a.m.-noon.
- Oct. 16: College of Medicine – Phoenix, Virginia G. Piper Auditorium, Room 2210, from 9 a.m.-1 p.m.

No appointments are necessary, but early mornings tend to have the longest wait times. For those who can’t make it to an on-campus flu shot clinic, there will be other clinics offered by the state of Arizona at off-campus locations. Click here [5] for a full schedule.

For more information on flu shots, visit the Life & Work Connections [6] website or call 520-621-2493.

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