



Dear Campus Community,

As we continue to face unknowns related to COVID-19, we strongly encourage all students, faculty and staff to obtain an influenza vaccination to help prevent illness during the 2020-21 flu season. While getting a flu shot is important every year, it carries additional significance in the face of the ongoing COVID-19 pandemic.

The flu shot will help protect you from a virus that can cause serious illness or even death, while also helping to prevent the virus' spread to others. While individuals with pre-existing medical conditions are more susceptible to serious complications from influenza, healthy individuals can also experience severe illness from it.

By getting a flu shot, you can reduce your chances of getting influenza and, if you do get sick, your symptoms may be less severe. It takes about two weeks to develop immunity after receiving the vaccine.

The [influenza vaccine is available from Student Health and Counseling Services](#). The vaccine is free for students, who can call SHCS at 760-750-4915 to make an appointment to receive it. Faculty and staff are encouraged to receive their flu vaccine via their primary care provider or by utilizing their insurance to receive it through a local pharmacy.

In addition to receiving the vaccine, the following measures can help prevent illness:

- Wash your hands with soap and warm water, especially after coughing or sneezing;
- Use alcohol-based hand sanitizers when soap and water is not available;
- Stay away from ill individuals;
- Clean commonly touched surfaces;
- If you are sick, stay home and avoid contact with others.

Please visit the website of the [Centers for Disease Control and Prevention](#) and the [California Department of Public Health](#) for more information about influenza season.

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