

FLU SEASON IS HERE!

Getting a yearly seasonal flu vaccine is the **MOST IMPORTANT** part of preventing the flu!

Other Helpful Tips:

- Avoid close contact with those who are sick.
- If you have a flu-like illness: **STAY HOME** until 24 hours without fever. While you are sick you should limit your contact with others.
- Cough & sneeze into your elbow or a tissue.
- Wash your hands often with soap & water or hand sanitizer, especially after touching your eyes, nose or mouth.



Flu Shots are now available at Suffolk University
Counseling, Health & Wellness during walk-in hours:

Mon 10:30-5:00pm

Tues-Thurs 10:00-5:00pm

Fri 10:00-4:00pm

Flu shots are **FREE** for students who are enrolled in the
Suffolk Student Health Insurance Plan!

\$20 cash/check for those on other insurance plans



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