



The Flu Is Now in Central NY!

What You Should Know About The Flu:

The flu is not just a really bad cold. The flu is a contagious illness that affects the nose, throat, lungs and other parts of the body. It can spread quickly from one person to another. It can cause mild to severe illness, and at times can lead to death. **It will certainly disrupt your academic and social life.**

Everyone is susceptible to the flu virus, especially those in group housing. Every year in the U.S., on average 5% to 20% of the population gets the flu. The best way to prevent the flu is by getting a flu shot. **Remember - you need a new shot each year.**

You can't get the flu from getting the flu vaccine

The flu vaccine does not give you the flu. It stimulates your body to produce antibodies. These antibodies protect you from flu viruses. Once you get the flu vaccine, it takes about two weeks for it to be fully effective. Until then, you are still at risk for getting the flu.

How the virus is spread

The flu usually spreads person to person when someone with the flu coughs or sneezes. Sometimes people get the flu because they touch an object or surface with flu virus on it and then touch their mouth or nose.

Where can I get my flu shot?

Call the Colgate Student Health Center @ 315-228-7750 for more information.