

September 30, 2020

Dear Students,

We highly encourage you to get a flu vaccine before you return to campus following quarantine, or soon thereafter. You can go to your family physician or stop by a pharmacy in your area. Many pharmacies offer flu shots free or for a minimal charge.

According to the Centers for Disease Control and Prevention, getting a flu vaccine is <u>more</u> <u>important than ever this year</u> to protect yourself and the people around you from the flu and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic. There are a number of health benefits to flu vaccination, including reducing illnesses, doctors' visits and missed school and work, and preventing flu-related hospitalizations and deaths.

If you are unable to get a flu shot while at home, Stoner Health and Counseling Center will have a limited number of flu vaccines available, free of charge. But this year, you will have to call ahead and schedule an appointment to get one.

The Seneca County General Health District also will offer a drive-thru flu clinic on Tuesday, October 13, from 1-6 p.m. at the Seneca County Fairgrounds here in Tiffin. You will need to wear your mask and bring a valid photo ID and medical insurance card, and you'll get your flu shot while remaining in your vehicle. This flu vaccine is covered by most insurances. If not, you will be responsible for any fees (payable by cash or check).

If you have any questions, feel free to reach out to either of us.

Stay healthy, everyone!

Dr. Chris Abrams Dean of Student Affairs

Janelle Baldosser, CNP Director of the Stoner Health and Counseling Center