



October 28, 2020

Dear Heidelberg Students, Faculty & Staff,

The Stoner Health and Counseling Center will offer free flu vaccines to any student, faculty or staff member who would like one on **Monday, November 2, 2020, from 10 a.m.-3 p.m.** in the health center. All you need to do is call the health center at 419-448-2041 and the staff will schedule an appointment time for you.

This year, more than any other year, it's imperative that as many of us as possible get a flu vaccine. According to the Centers for Disease Control and Prevention, getting a flu vaccine is an important way you can protect yourself and those around you from the flu and help reduce the strain on the healthcare systems responding to the COVID-19 pandemic. Additionally, 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. Here is [more information](#) about the value of a flu vaccine from the CDC.

If you haven't received your flu shot yet, we strongly encourage you to take advantage of this opportunity to get yours on Monday. Stay safe and healthy, everyone!

Sincerely,

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

Margaret Rudolph  
Chief Human Resources Officer and Title IX Coordinator