STAY HEALTHY.

VACCINATIONS

The best way to protect yourself and others against seasonal flu is to get vaccinated each year as early in the fall as possible. Each year, a multi-strain vaccine is developed that is comprised of the strains predicted to be in most heavy circulation that year. Even when circulating strains don’t match the vaccine exactly, the community is still more protected when more people get the vaccine.

The NYU Student Health Center administers the vaccine as soon as it is available each season—usually in October. Make an appointment at the Student Health Center online at the SHC Open Communicator appointment portal or by calling (212) 443-1000.

Vaccinations are especially important for individuals at higher risk for complications resulting from the flu. These include pregnant women and people with chronic medical conditions such as heart, lung, liver or kidney disease; asthma; diabetes or those who have a compromised immune system.

PREVENTION TIPS:

In addition to getting the flu shot, good hand hygiene and other prevention practices are key. Click here for some useful tips.

PREPARATION AND PLANNING:

Be prepared for flu season by having these items on hand:

- Tissues
- Alcohol-based hand sanitizer
- Cough lozenges
- Cough syrup
- Decongestants
• Acetaminophen (NOT aspirin)
• Thermometer
• Face mask (in case you need to leave your room while you are contagious) —available at most pharmacies

Also stock up on things you won’t want to go out for should you get sick and be out of circulation for a few days:

• Soap, toilet paper, toothpaste and other toiletries
• Regular prescriptions
• Over-the-counter medicines such as anti-diarrheals
• Protein bars, cereal, granola, dried fruit
• Canned food, soups, crackers and other easy to make comfort food