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HEALTH MATTERS

SEASONAL FLU SHOT: Your best shot for avoiding influenza

NYU is offering **FREE** seasonal flu shots to active NYU employees. Getting a seasonal flu shot is important because seasonal flu strains may still be circulating during the Fall and Winter even with the predominant presence of H1N1 influenza (swine flu) in the United States. The seasonal flu vaccine does not protect you against the H1N1 flu virus. However, it is recommended by health authorities that you receive your seasonal flu shot in advance of any H1N1 vaccine that may become available.

A vaccine for the H1N1 virus has been approved by the US FDA but will not be distributed until mid to late October through public health channels and initially may be restricted to those at most risk.

This Fall, seasonal flu vaccines will be made available first to NYU employees. Once the employee seasonal flu vaccine needs are met, if adequate supply is still available, vaccines will be available to one adult member of the household. If vaccines can be made available to a household member, a communication will be issued no later than the end of November. In the meantime, if you wish to obtain a seasonal flu vaccine for yourself or a member of your household sooner than the free NYU seasonal flu vaccination events, you have a choice of options to obtain a seasonal vaccination:

- All of NYU's medical plans will cover both the seasonal flu vaccine and the H1N1 vaccine, if it becomes available. You and your enrolled dependents can receive a vaccination for the cost of an office visit copay at any network provider's office.
- For those who are not covered under an NYU medical plan,

check with your health coverage. In addition to CVS Minute Clinics other large pharmacy chains such as Walgreen's and Rite Aid as well as some supermarket chains will also offer vaccination programs at nominal cost.

- If you have a health care FSA, any copay is reimbursable.

To locate a pharmacy offering seasonal flu shots, click below:

- CVS Pharmacy MinuteClinic: www.minuteclinic.com/en/USA/
- Walgreens: www.walgreens.com
- Duane Reade: www.duanereade.com
- Rite Aid: www.riteaid.com/promos/flu_clinic/

To learn more about the H1N1 flu virus there are a variety of information resources available:

- The NYU influenza site: www.nyu.edu/shc/flu
- Centers for Disease Control and Prevention (CDC): www.cdc.gov/h1n1flu/
- The World Health Organization: www.who.int/csr/disease/swineflu/en/
- New York State Department of Health: www.health.state.ny.us/diseases/communicable/influenza/h1n1/

Watch for future announcements about any new developments regarding the H1N1 influenza and the safeguards that NYU will put into effect should a flu pandemic occur at the University.

Season Flu Shots will be offered on the following dates:

- 2:00 pm - 5:30 pm Thursday, Oct. 15
- 10:00 am - 1:30 pm Wednesday, Oct. 28
- 10:00 am - 1:30 pm Thursday, Oct. 29

- 12:00 pm - 3:30 pm Wednesday, Nov. 4
- 10:00 am - 1:30 pm Thursday, Nov. 5
- 10:00 am - 1:30 pm Wednesday, Nov. 18
- 10:00 am - 1:30 pm Thursday, Nov. 19

*To register for a FREE seasonal flu shot on campus
[click here](#)*