

SAFETY SHARE

Health & Wellness

FULL VERSION

Whether it's getting vaccinated, washing your hands, improving ventilation, or staying home when sick, every action helps reduce the spread of respiratory illnesses and supports the health of our campus community.



COMMON SYMPTOMS



While symptoms vary between viruses and individuals, common symptoms may include:

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Fatigue
- Muscle or body aches
- Shortness of breath
- Nausea, vomiting, or diarrhea (sometimes)

Because symptoms can be similar regardless of the virus causing them, it can be difficult to determine the specific illness based on symptoms alone. If you're feeling unwell, consider staying home and limiting close contact with others until symptoms improve.

INFLUENZA VACCINE (FLU SHOT)

The seasonal flu vaccine helps reduce your risk of becoming seriously ill from influenza & may reduce the severity of illness if you do get sick. Because influenza viruses change over time, a new vaccine is developed each year to better match circulating strains.



COVID VACCINE

COVID-19 continues to circulate year-round & seasonal vaccine updates help improve protection against current variants. COVID-19 vaccination can help reduce the risk of severe illness, hospitalization, and complications.



Stay protected by receiving your flu & covid vaccine every year!

Getting your vaccinations is still the most safe and effective way to protect yourself against these illnesses and their complications.



You CANNOT
get the flu/COVID
from the flu shot



Most people
have **NO** side
effects from
the vaccines



Severe
reactions are
VERY rare