Flu immunizations offered to Sac State students

Sacramento State’s health clinic and pharmacy staff members have vaccinated 2,744 students against the flu and hope to increase that number with the start of the spring semester. Lisa Johnson, associate director of Clinical Operations, is hopeful that increased outreach will produce results. “I think we’re going to get a lot of students in here,” she says.

Flu shots are free for students and just $15 for faculty and staff. Immunizations are available daily; call 278-6461 for more information. Student Health Services is spreading the word through a variety of communication tools, including Twitter (@shcssacstate) and Facebook (http://on.fb.me/1fi7NkB). Student Health Services soon will send out an email to all students about flu immunizations.

The prevalent flu variety this year is H1N1, the strain that swept around the globe in 2009. This year’s vaccination includes protection from that specific type. While the clinic, located at The WELL, does not test specifically for the flu, medical providers there did treat 286 students suffering from upper respiratory illnesses last semester.

Health officials recommend that people who have the flu treat the symptoms at home and stay put so they do not spread the virus. More information is available at http://bit.ly/1esJInm and http://bit.ly/1e2KgFC. The HornetMD web application also is available to check symptoms and to speak with an advice nurse. HornetMD can be downloaded to any smart phone at www.csus.edu/hornetmd.

For media assistance about Sacramento State’s Student Health and Counseling Services, call the University’s Public Affairs office at (916) 278-6156. – Craig Koscho