



Flu Vaccine Awareness Month September 2021

Flu vaccination is the best way to protect yourself and your loved ones against flu and its potentially serious complications. The flu vaccine doesn't protect you from COVID-19 but getting a flu vaccine could reduce flu symptoms that could be confused with COVID-19 symptoms. (CDC, 2021)

- ❑ **Identify how to minimize the spread of the flu and possibly COVID-19:**
 - Wash your hand regularly.
 - Avoid touching your face.
 - Cover your coughs and sneezes.
 - Stay home if you're sick.
 - Clean high-touch surfaces often.
- ❑ **Understand that a flu vaccine may:**
 - Keep you from getting sick with flu.
 - Reduce the risk of flu-associated hospitalization.
 - Be a preventive tool for people with certain chronic health conditions.
 - Help to protect pregnant people during and after pregnancy.
 - Help aid in protecting people around you.
- ❑ **Take note of the upcoming fall flu vaccination clinics:**
 - **West Los Angeles Campus**
 - Wednesday, October 13 | 8 AM - 2 PM
 - **Calabasas Campus**
 - Wednesday, October 20 | 8 AM - 12 PM
 - **Malibu Campus**
 - Monday, October 25 | 8 AM - 12 PM
 - Tuesday, October 26 | 10 AM - 2 PM
 - Friday, October 29 | 8 AM - 12 PM



THRIVE

WELLNESS PROGRAM

Helpful Resources

- ❑ **CDC's *Flu Vaccination Benefits***
- ❑ **Mayo Clinic's *Preparing for the flu season during COVID-19***
- ❑ **Harvard Medical School's *10 Flu Myths***
- ❑ **Human Resources' *Wellness Webinar Collection***

Contact Information

- ❑ **Health Advocate**
(866) 799-2728
www.myhealthadvocate.pepperdine.edu
- ❑ **Human Resources
Thrive Wellness Program**
(310) 506-4190
community.pepperdine.edu/hr/wellness