

A Healthy Fall Is Worth a Shot

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Flu season is looming but the Tulane Student Health Center is ready with a schedule of opportunities for the Tulane community to receive flu shots.



Getting a flu shot is the best defense against getting sick and passing the illness along to friends and family. (Photo by Paula Burch-Celentano)

Scott Tims, director of wellness and health promotion at the [center](#), reminds everyone that the flu is a contagious virus that is spread through tiny droplets that are released into the air when a person infected with the flu coughs or sneezes.

Most healthy adults can infect others one day before they begin experiencing symptoms and up to five days after they become sick. "That means you can pass on the flu to someone else before you know you are sick, as well as while you are sick," he says.

Getting a seasonal flu shot is the best defense against the illness.

Flu shots will be administered to students in residence halls on the uptown campus from 5:30 until 7:30 p.m. starting on Tuesday (Sept. 14) in Sharp, followed by

Wednesday (Sept. 15), Monroe; Sept. 16, JL; Sept. 22, Butler; Sept. 28, Willow; Sept. 29, Wall; and Sept. 30, Mayer.

For members of the Tulane community, seasonal flu shots will be provided from 10 a.m. until 4 p.m. on Sept. 21 and Oct. 13 at flu clinics in the Pederson Lounge at the Lavin-Bernick Center. The cost for a flu shot is \$20.