

Simon Says: Get your flu shot!

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Tulane University is distributing 1,200 free flu vaccines for employees. "It's a huge preventive health endeavor. We want our employees to stay healthy!" says Lindsay Garcia, employee wellness coordinator with [TUWellness](#).



For the flu campaign, employee flu vaccine clinics are part of a larger campus-wide campaign that [Student Health Services](#) conducts each year.

"Employees don't have to be a member of the health plan or go off-site to receive their vaccine," Garcia says. "The goal is to build the strongest herd immunity possible to prevent students and employees from getting sick, since we know flu doesn't stop at Broadway or Audubon."

I hear some people wondering if they should wait to get vaccinated so that their immunity lasts through the end of the season. The [CDC recommends](#) influenza vaccination as soon as flu vaccine becomes available, since it takes about two weeks for antibodies to develop in your body to protect against flu infection. It's best to get vaccinated early so you're protected before flu begins spreading.

"There are other important components to preventing infection ? hand-washing, staying home if sick, practicing good hygiene ? that we should all do to protect ourselves and each other," Garcia says. "On top of that, healthy food choices, adequate rest and stress management, and getting in some physical activity all boost the immune system and help to keep you healthy."

Onsite clinics for free employee flu vaccines are:

Uptown: Oct. 31, Lavin-Bernick Center Pederson Lounge, 10 a.m. - 2 p.m.

Downtown: Nov. 5, 1430 Tulane Ave., room 1525, 10 a.m. – 2 p.m.

University Square: Nov. 12, suite 220, 11 a.m. – 1 p.m.

Elmwood: Nov. 13, Room N, 11 a.m. – 1 p.m.

Tulane National Primate Research Center: Nov. 14, 11 a.m. – 1 p.m.

Student Health Services will administer the vaccines. The fee is waived by TUWellness; no insurance will be billed. Employees must bring their Splash ID cards.

“Encourage students to receive their vaccine, as well,” Garcia says. Visit the [inFLUence website](#) for more information.

Fran Simon is managing editor of New Wave.