

## Student Flu Shots

Seasonal Flu shots will once again be offered to students at the Student Health Center located across from the University Center and Colleges 9 & 10 on McLaughlin Drive. The flu shot will significantly reduce your chances of being bedridden with influenza and missing class for a week. It lessens the chance that you will get your friends, coworkers and family sick when you return home during winter break. The flu shot is strongly recommended for persons with asthma, diabetes and any disorder that weakens your immune system. The flu shot is safe and effective.

Flu shots can be obtained at the Student Health Center by appointment.

Please select this link to learn more about this year's [seasonal influenza vaccine](#).

You will need your student ID card at the time of your appointment.

Students with SHIP insurance will see no charge for the vaccine. If you have outside insurance, you can submit your statement to your health insurance company. The \$25 charge will go directly to your University account and a bill electronically mailed to you. Not all companies cover these shots. Please check your plan.

If you are unable to schedule a flu shot at the the student health center, consider having your personal medical provider provide this over winter break or sooner. Other off campus locations for flu shots via the following websites:

<http://www.pamf.org/flu/>

<http://www.lungusa.org/lung-disease/influenza/flu-vaccine-finder/>

Please note that the cost of flu shots at off campus locations may vary from the Student Health Center cost.

For more information, please contact the Student Health Center at 459-2211 or email [healthcenter@ucsc.edu](mailto:healthcenter@ucsc.edu)