



Friday, October 29, 2004

## Flu shots available at health center for high-risk people

By **Dawn Pauli**, contributing writer

Although all flu vaccine clinics at Oakland University's **Graham Health Center** are canceled in compliance with Center for Disease Control directives, a limited supply is available for students and staff in high-risk groups.

Graham Health Center (GHC) has notified its patients with chronic medical conditions to make an appointment for a flu vaccine as soon as possible.

"We have a limited supply of flu shots available for other students and staff who are in the high-risk groups, including those with asthma, chronic illness or over the age of 65," said Joanne Talarek, director and nurse practitioner for Graham Health Center. "If we have any remaining flu shots, we will turn them over to the Oakland County Health Department for redistribution."

Students and staff who are diagnosed with a chronic illness or fit into the priority group should make an appointment with their primary care provider (PCP). If their PCP does not have the vaccine available, OU students and staff may obtain an order from their PCP identifying their diagnosis and make an appointment at GHC for the flu vaccine.

There are ways to help control the spread of flu and other respiratory infections.

"Wash your hands frequently; avoid touching your eyes, nose and mouth; cover your mouth and nose when you cough or sneeze; avoid close contact with people who are ill; and stay home when you are ill," Talarek said. "Other good habits to help stay healthy include getting plenty of sleep, exercise, managing stress, eating a balanced diet, drinking plenty of water, avoiding alcohol and cigarettes."

More information about influenza is available on the **Center for Disease Control** Web site.

### SUMMARY

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