

Wednesday, December 2, 2009

Graham Health Center to host flu shot clinic on Dec. 3

By **Dave Groves**, staff writer

As part of ongoing efforts to prevent the spread of influenza on the Oakland University campus, Graham Health Center is partnering with the Visiting Nurse Association to host a flu shot clinic from 11 a.m. to 1 p.m. on Thursday, Dec. 3, in Oakland Center.

Seasonal flu vaccinations will be available for \$25, and most insurance plans will be accepted to process payment. Nasal spray vaccine for the H1N1 flu will be available free of charge, courtesy of Graham Health Center.

For students, faculty and staff with chronic disease or other risk factors that prohibit the use of the nasal spray, H1N1 vaccine injections are now available at Graham Health Center. No appointment is necessary and those interested in obtaining a vaccination can visit the center's **Web site** for business hours.

Good news from the Michigan Department of Community Health indicates that the number of H1N1 infections in the state is decreasing, but public health officials anticipate the rates may begin to rise again with the holiday travel season.

To date, Oakland University has seen 35 confirmed cases of H1N1. The actual infection rate, including unreported cases, however, is likely to be higher.

Graham Health Center Director Nancy Jansen noted that it is never too late to receive flu vaccinations. As winter approaches, those who have not yet obtained them should be aware that it takes up to 14 days for vaccinations to become effective.

Jansen also stressed that the campus community should not avoid getting flu shots for fear of serious side effects and vaccine safety.

"There really is no reason not to get your flu shot because they are perfectly safe, they can ward off a really miserable illness, and most importantly, they will help prevent the spread of the virus," she said.

Those wishing to learn more about vaccine safety are encourage to visit the federal government's **pandemic flu site**.

Those wishing to learn more about the status of the pandemic are encouraged to monitor advisories issued by the **Centers for Disease Control and Prevention (CDC)** and the **World Health Organization (WHO)**. For more additional information on the status of the H1N1 flu pandemic and infection prevention methods, visit **OU's Infection Prevention & Control Web site**, the **Oakland County Health Division Web site** and **www.flu.gov**.

SUMMARY

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Created by Katherine Land - Deleted (land@oakland.edu) on Wednesday, December 2, 2009
Modified by Katherine Land - Deleted (land@oakland.edu) on Wednesday, December 2, 2009
Article Start Date: Wednesday, December 2, 2009