

Flu Vaccine Information

General Information

Flu is a serious contagious disease. This flu season could be worse than usual. There is a new and very different flu virus called H1N1 spreading worldwide among people. This virus may cause more illness or more severe illness than usual. Although the seasonal flu vaccine will not protect you from the H1N1 virus, the CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.

Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

H1N1 Vaccine Information

A new vaccine against H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection. At this time, Muhlenberg College is not scheduled to receive any doses. As information about the H1N1 vaccine becomes available, we will post information on the Student [Health Services](#) website and the Muhlenberg College [H1N1](#) website

Seasonal Flu Vaccine at Muhlenberg College

A limited supply of seasonal flu vaccine will be available in Health Services 9am – 1pm, Monday through Friday beginning Thursday October 01, 2009 for students and beginning Monday October 05, 2009 for faculty and staff. We will continue to give flu shots daily until our supply is depleted.

Seasonal Flu Vaccine Clinics

Muhlenberg College Health Services

Seasonal Flu Vaccine will be available 9am – 1pm, Monday through Friday beginning Thursday October 01, 2009 for students and beginning Monday October 05, 2009 for faculty and staff.

Cost: \$20

Walgreens

1702 Tilghman Street
Allentown, PA 18104
610-435-3605

Flu shots available daily 10 am to 4 pm - 7 days a week

Cost: \$24.99

Careworks

365 South Cedar Crest Boulevard
Allentown, PA 18103
484-664-2046

Located inside select Weis Markets.

Flu shots available every day. No appointment necessary.

Monday-Friday 8 am to 7 pm (closed 2pm -3pm for lunch)

Saturday & Sunday 10 am to 3 pm.

Cost: \$25

Giant Pharmacy

3100 Tilghman Street
Allentown, PA 18104
610-351-2091

Monday 10/05/2009 from 10am – 2pm

Wednesday 11/4/2009 from 3pm – 7pm

Cost: \$30

Lehigh Valley Health Network

Saturday 11/7/09 from 9am -3pm at Dorney Park

Sunday 11/8/09 from 9am -3pm at Coca Cola Park

Please print out and complete flu vaccination forms at www.lvh.org prior to arrival at clinic.

Cost: Free

For other flu clinic locations, please check <http://www.flucliniclocator.org/>

Please remember that if you have flu-like symptoms (fever, chills, cough, congestion, sore throat, headache, body aches, etc.), you should come to Health Services for evaluation.

Also, remember to take these everyday preventative actions:

- Cover your nose and mouth with a tissue when you cough or sneeze - do not use your hands. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- While sick, limit contact with others to keep from infecting them.
- Visit the CDC website (<http://www.cdc.gov/h1n1flu/>) to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.