



**Influenza vaccine can prevent the flu!** There are a number **flu strains that can cause influenza (the flu)**. Flu can cause serious complications and sometimes even death. Receiving the flu vaccine annually reduces your **chance** of getting the flu and spreading it to others.

Everyone 6 months of age and older should get a flu vaccine every season. A discussion with your health care provider is necessary if you have experienced:

- Reactions to flu shots before
- [Guillain-Barre Syndrome](#)
- A fever after vaccination
- Severe Allergy to Eggs (vaccine can still be given but should be supervised in the appropriate setting)

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

With the novel **Coronavirus (COVID-19)** presenting with similar symptoms to flu, this year we are requiring the Flu vaccine as it will reduce your chances of having a flu like illness during this difficult time.

As a student at Middlebury if you develop flu like symptoms, you will be quarantined and tested both for Flu and for Covid 19. To reduce disruption and preventable illness we are requiring all students receive the flu vaccine.

The vaccine will be given **free of charge** to Middlebury College students.

Please call the nurse line at 443-3290 if you have not received your flu vaccine!

Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov), 2020.