



**ROBERTS**  
WESLEYAN COLLEGE



# ROLL UP YOUR SLEEVE & GET THE FLU VACCINE.

## Limit the spread, get the flu shot.

This year, we expect & encourage all members of our community who will be on campus during flu season to have a flu vaccine.

### Flu FYIs:

- Flu symptoms mimic symptoms of COVID-19
- If you have flu symptoms, you'll need to quarantine and have a COVID test
- Health systems and hospitals could be overwhelmed with treating flu and COVID-19
- Flu and COVID-19 are both very contagious
- You can pass the flu and COVID-19 on to someone for 1-3 days before you have symptoms
- If you are vaccinated, you may still get the flu but evidence shows you will be less sick

## Protect Yourself & Everyone Around You.

### Where can I get a flu shot?

- **On campus flu shot clinics:**
  - Monday, October 26 — 1:00 p.m. - 4:00 p.m.
  - Thursday, October 29 — 9 a.m. - 12 p.m.
  - Monday, November — 1:00 p.m. - 4:00 p.m.
  - Check out the website for additional dates and times
- **Your local pharmacy:**
  - Walgreens and Rite Aid on Buffalo Road
  - Call ahead to see if you need an appointment
    - Rite Aid — 585.594.8700
    - Walgreens — 585.594.5689
  - Your local Wegmans — no appointment needed
- **At your health care provider's office**

### RESOURCES

#### Free fact sheet from CDC:

[www.cdc.gov/flu/pdf/freeresources/general/strong-defense-against-flu.pdf](http://www.cdc.gov/flu/pdf/freeresources/general/strong-defense-against-flu.pdf)

#### Facebook and Instagram:

[www.cdc.gov/flu/resource-center/sleeveup](http://www.cdc.gov/flu/resource-center/sleeveup)

#### Video from the CDC:

[www.youtube.com/watch?v=02](http://www.youtube.com/watch?v=02)

To sign up go to [www.roberts.edu/flushot](http://www.roberts.edu/flushot)

**Does my insurance cover the flu shot?** Yes, flu vaccines are covered by insurance.

**Do you have questions?** Contact Erin Siriani (employees) or Brenda Myrthil (students).