

FIGHTING THE FLU STARTS WITH YOU!



WHAT IS FLU?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can be even deadly.



**The best time to get vaccinated:
September–October, but
better late than never!**

SYMPTOMS

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headaches
- Fatigue
- Muscle aches



**The best way to protect yourself,
friends, and family is by getting
a seasonal flu vaccine!**



*For more information about flu vaccines:
www.immunizekansascoalition.org/kansas-fights-flu*

WHO IS MOST AT RISK FOR FLU?

- Adults 65 Years and Older
- Adults with Chronic Health Conditions
- Pregnant Women
- Infants and Children (younger than 5 years old)



A flu vaccine keeps you from missing classes and social events!



Our school is participating in the Collegiate Flu Challenge! Help us take the top spot in the statewide competition to increase flu vaccination rates and #beatflu!



SCAN TO COUNT YOUR VACCINE!



FAST FACTS

- Everyone should receive a flu vaccine yearly!
- It takes 2 weeks for a flu vaccine to take full effect!
- Find flu vaccines at a school health clinic, health departments, pharmacies, clinics, and more!



Kansas Healthcare-Associated Infections
& Antimicrobial Resistance Advisory Group

For more information about flu vaccines:
www.immunizekansascoalition.org/kansas-fights-flu

Protect Our Campus

Get Your Flu Vaccine!



**DID
YOU
KNOW?**

THE FLU IS NO JOKE



Flu is highly contagious and effects not only you, but your friends, professors, and family.

On college campuses, flu viruses are known to spread quickly due to time spent in close quarters like student housing, classrooms, and social activities.



When college students get the flu, they experience illness for an average of

5 days
or more



1 in 4 college students gets the flu each year



Flu-vaccinated students are **29%** less likely to perform poorly on tests and assignments compared to their unvaccinated peers.



Flu vaccination in the U.S. during the 2023–24 flu season prevented an estimated

9.8 million flu illnesses

DID YOU KNOW?

The best time to get vaccinated: September–October, but better late than never!



A flu vaccine keeps you from missing classes and social events!



“I’m healthy, I don’t need a flu vaccine.”

You might bounce back fast, but others might not. The flu spreads easily—even before you feel sick.



Our school is participating in the Collegiate Flu Challenge! It’s up to you to raise the rates on campus and help us beat other Kansas universities and colleges.

SCAN TO COUNT YOUR VACCINE!



The best way to protect yourself, friends, and family is by getting a seasonal flu vaccine!

* (Nichol K, Tummers K, Hoyer-Leitzel A, et al. Modeling seasonal influenza outbreak in a closed college campus: impact of pre-season vaccination, in-season vaccination and holidays/breaks. PLoS One PLoS One 2010;Mar 4;5(3):e9548)

* (Nichol K, D’Heilly S, Ehlinger E. Influenza vaccination among college and university students: impact on influenzalike illness, healthcare use, and impaired school performance. Archives Pediatric Adolescent Medicine. 2008;162(12): 1113–1118)