

Flu protection worth a shot.

Antoine Giraud

Jack Frost is getting ready to wage war on our immune systems and one of his favourite weapons is the dreaded flu. Coupled with the stress of the semester, which seems to crush your will with each assignment your instructor throws at you, you're going to be in for a rough time. If you're feel like you need a little extra help this winter—and no we're not talking about those “herbal supplements” you like to smoke in your downtime—think about getting a flu shot.

Getting the flu is not much fun and could really throw your semester off. Not only does it last for 5 to 10 days, but it can take up to six weeks to recover from. And every year hundreds of people die from the flu. You might not end up in the grave, but at the very least, getting the flu could send your grades into an unexpected nose dive.

If you're thinking that you'd like to save your pocket money for something more entertaining, like that Xbox you always wanted for Christmas, then don't sweat. The flu shots are absolutely free. They're also perfectly safe, despite what you might have heard. Serious allergic reactions with the flu vaccine are rare—approximately one in a million doses of vaccine. Your arm might hurt for a bit though—a small price to pay for a little protection.

OK, I'll bite. Where can I get it?

Head on over to room 5109 on the following dates from 8am to 4pm. If you can't make these dates, book an appointment with the health promotion coordinator.

- Last names A-G: November 15
- Last names H-R: November 16
- Last names S-Z: November 19

Questions?

Contact the Douglas College health promotion coordinator:

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