

MANAGING COLDS & THE FLU



37%

of msu students experienced a cold or the flu in the last year.¹

13%

reported it having a negative impact on their academics.¹

Getting an annual flu shot can help protect you from getting sick — and from passing illness to others.

Learn more:

Scan the QR code for additional info on flu vaccines and to schedule your flu shot.



Keep in mind:

- Wash your hands with soap and water. Use an alcohol-based hand sanitizer if soap and water are not available
- Avoid touching your eyes, nose and mouth to prevent the spread of germs
- If you become sick with a flu-like illness, stay home from work or school to help prevent others from getting sick



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1. 2022 National College Health Assessment (NCHA II) N=1,157