



## Flu Vaccine FAQ

1. Why is the flu vaccine required this year?

CDC recommends everyone 6 months of age and older get vaccinated every flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection. Influenza vaccine does not cause the flu.

Getting the flu vaccine every year is the best way to prevent infection with influenza, a virus that can cause many of the same symptoms as COVID-19, including fever, cough, difficulty breathing, and even death. Particularly during the COVID-19 pandemic, it's even more important to be vaccinated against the flu to help prevent influenza, avoid a mistaken diagnosis of COVID-19 and preserve healthcare resources

2. Where can I get a flu vaccine?

*On campus:* For students living on campus and those with approval to access care through Health services, flu shots will be available at Health Services. We will post information on campus and on our health portal about flu shot availability. You may always call Health Services for information

*Local Pharmacies:* Many local pharmacies, such as CVS, Walgreens, RiteAid, Wegman's, and Giant, offer flu vaccines.

*Check with your healthcare provider and also your community for flu vaccine clinics*

3. What if I have concerns about getting the flu vaccine?

Please talk with your healthcare provider about your concerns and to obtain their recommendation for a flu vaccine.

**You must consult with your health care provider if you have had:  
an allergic reaction after a previous dose of influenza vaccine,**



or have had any severe, life threatening allergies,  
or if you ever had Guillain-Barré Syndrome

4. What if my healthcare provider recommends that I do not get a flu vaccine? Can I request an exemption from the flu vaccine immunization requirement?

Students may request an exemption from the vaccination requirement for medical, religious, or personal reasons. Students must contact Health Services and complete a waiver form.

5. When should I receive the flu vaccine?

Make plans to get vaccinated early in fall before flu season begins, CDC recommends that people get a flu vaccine by the end of October. **Muhlenberg College requires proof of flu vaccination by November 1.**

6. How do I show my proof of my flu vaccine?

Students must log onto the PyraMed health portal (through the onelogin page) and upload the image of your flu vaccine documentation (on the document upload page).

7. Where can I find additional information about the flu vaccine?

[CDC Flu Vaccine Information](#)

[PA Department of Health](#)