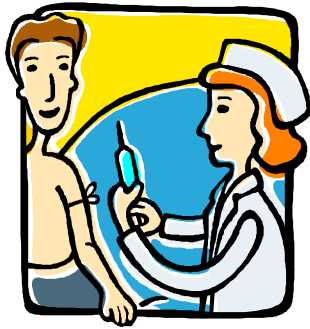


Good Shot



Bad Shot



Voluntary Vaccines

You don't have to get them... but this is why you should

Flu: Every year the flu hits campus and usually right around finals! Students typically miss 2-4 days of classes/studying because they are in bed with fever, chills, and bodyaches. The flu vaccine is available at the SHC beginning in October for \$20-\$25 (depending on type and availability).

Hepatitis A: This virus is not life-threatening, but it can make you very sick for a month or longer with flu-like symptoms! It is usually passed by consuming contaminated food or water, so if the people preparing your food have it, you are at risk. Also, this virus is common in Mexico, therefore it is also common in San Diego. This vaccine is given in 2 separate doses and each dose is \$30 at the SHC.

HPV: This virus is very common (up to 50% of sexually active people get it). It often has no symptoms so you can't tell who has it. Most infections resolve on their own, but some types of this virus can lead to cervical cancer. Gardasil, the new HPV vaccine, protects against the types of HPV that most commonly lead to cervical cancer. This new vaccine is for girls age 9-26, and is given in three separate doses. It is available at the Student Health Center (SHC) for \$130 per dose.

Meningococcal Disease: Although this disease is rare, it is life-threatening. Individuals who survive this infection often left physically or mentally disabled. Young adults, especially those living in dorms, are most at risk. The vaccine, Menatra, is available at the SHC for \$100.

Pertussis: Most people are vaccinated for pertussis in childhood but the immunity doesn't last into adulthood. Pertussis gives you a persistent cough that can last up to 2 months. The cough can be so severe that it induces vomiting or breaks ribs! This infection occurs on our campus every year. Luckily the FDA just approved pertussis vaccine in combination with the tetanus booster, known as Tdap. If it has been more than 2 years since your last tetanus booster, you are eligible for this vaccine. It is available at the SHC for \$40.