Where can I get a flu shot?
- NDSU Student Health Service
- Sanford Health Clinics
- Essentia Health Clinics
- 7 Day Clinic
- Several pharmacies in the area may also offer flu shots to patients (i.e. Walgreen’s, CVS)

Will the flu shot make me sick?
According to the CDC, the flu shot cannot make you sick. The vaccine contains killed (inactivated) viruses which are not infectious. The vaccine helps your body build immunity against the real virus.

When should I get the flu vaccine?
It is best to get vaccinated as early as possible for the flu season. Vaccinations are typically available from October through January. After getting the vaccine, it takes two weeks for you body to build immunity to the virus.

For more health and wellness information visit: www.ndsu.edu/studenthealthservice

ON A ROLL

November Observances and Events:
- American Diabetes Month
- Lung Cancer Awareness Month
- Nov 11 – No School-Veteran’s Day
- Nov 13 – World Kindness Day
- Nov 19 – Great American Smokeout
- Nov 24 – Thanksgiving
- Nov 24 & 25 – No School

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