Dec 3-9 is the CDC’s National Influenza Vaccine Week

CDC and its partners choose December for NIVW to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine!

While seasonal flu outbreaks can happen as early as October, flu activity is usually highest between December and February, though activity can last as late as May.


“YOU ARE SO CLOSE TO VICTORY—DON’T YOU DARE GIVE UP NOW.”
-UNKNOWN

NDSU Dec. Observances and Events:

Dec 4-8 – Dead Week
Dec 7– Pear Harbor Remembrance Day
Dec 10– Night of Caring: Project Linus (Memorial Union)
Dec 11-15 – Finals Week
Dec 15– Winter Commencement and Ceremony
Dec 18– Jan 8 – Winter Break

Tips to Tackle Finals Week:

1– Create your own study guide
2– Study with friends/classmates
3– Stay well rested
4– Prioritize your time and start early
5– Take breaks and make it fun

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