

The Outhouse

News you can use
When you gotta go...

Issue 11 - November 9, 2020
Shannan Breault, Editor

The Benefits of the Seasonal Flu Vaccine During COVID-19

Influenza (flu) severity varies from year to year, but flu always brings serious consequences. The prevention of influenza and its associated consequences is important every year. Although the effectiveness of the flu vaccine can vary, overall the vaccine markedly lowers the risk of influenza-related illness, hospitalization, and death.

The COVID-19 pandemic means preventing influenza during 2020-21 is more important than ever. Influenza and COVID-19 share many symptoms. Preventing influenza means fewer people will need to seek medical care and testing for possible COVID-19 or influenza. And decreasing influenza saves healthcare resources for COVID-19 and other conditions.

www.immunize.org/catg.d/p3115.pdf

FLU Clinic

Friday, November 13

12pm - 3pm

Bouck Lobby

BRING YOUR INSURANCE INFO

FYI...

The end of on-campus classes does not mean the end of Wellness Center Services. We will continue to provide telehealth services whenever possible to our students whether you are here in Cobleskill or somewhere else in New York State. There are some restrictions, but if you are interested in or in need of medical, counseling or coaching services, contact us and we can discuss all the options.

No matter where you are, near or far, you are still part of the Cobleskill Family!

Happy (and safe) Holidays...

In order to safely celebrate the holidays, you'll need to figure out how to avoid travel and large gatherings entirely while still weaving in traditions you know and love. Opt for a small gathering with those in your quarantine bubble. Maybe organize a family recipe swap so everyone has a chance to try making your aunt's famous mashed potatoes. Consider dropping off favorite foods to older relatives. Try an asynchronous gathering on Zoom or weave in things like a family movie night where everyone watches a favorite holiday movie while chatting online. Get creative.

360° OF WELLNESS
WELLNESS CENTER SERVICES



The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225

