

The Outhouse

News you can use
When you gotta go...

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Shannan Breault, Editor

Flu Clinics

According to the Centers for Disease Control, flu vaccines have been shown to reduce the risk of contracting the flu illness, hospitalizations and death.

Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu, but also to help conserve health care resources impacted by the COVID-19 pandemic.

Will the flu shot protect you from the COVID-19 virus? There is little data that suggests the flu vaccine can protect against the coronavirus, which causes COVID-19. So, no.

What can the flu shot do? It can help prevent you becoming sick with the flu and lowers the risk of severe illness. A 2018 CDC study found that the flu vaccine reduced the risk of being admitted to an ICU with flu by 82%. If your immune system is already weakened by the flu, you could be more at risk of being infected with COVID-19.

Watch for information from the Wellness Center about on-campus CVS Pharmacy Flu Clinics, get a vaccination at a local pharmacy, or visit your local doctor's office.

What Does 6 Feet Look Like?

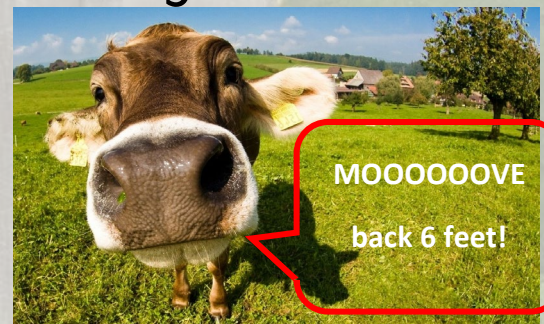
1. A twin-size mattress



2. A standard dog leash



3. The length of a cow



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

