



November 2008 Tip of the Month

A Tip from *The Benefits Expert*

Did you know...

Getting the flu can make you sick for 7 days or more? A flu vaccine can help protect you.

In otherwise healthy adults, the flu can last from 7 to 14 days, with at least 3 days of severe symptoms. Most people fall ill within 1 to 3 days of being infected. It's possible to pass the flu along 24 hours before you exhibit symptoms, and you may still be contagious up to a week after your symptoms appear (a few days longer for children).

On average in the United States each year 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized; and about 36,000 people die from the flu. Worldwide that averages out to approximately 1 billion cases of flu and 300,000–500,000 deaths annually.

You can help protect yourself, your family and your co-workers by getting a flu vaccine.

Where can you get one?

- Visit your own doctor. The average cost is \$35 and is usually covered by insurance (a co-pay may apply in some cases, check with your doctor's office).
- The USF College of Public Health with the Hillsborough County Health Department will be offering **free flu shots** to the public on Friday November 7, 8 AM – 4 PM (while supplies last) at the College of Public Health, 13201 Bruce B. Downs Blvd., Building #3010 (corner of Bruce B Downs & Fletcher). For more information call 813-974-3623.
- Starting 10/28/08, USF Student Health Services offers flu shots to students and faculty/staff (with USF ID), Tuesday through Friday, 10 AM – 3 PM, while supplies last. The cost is \$25 for faculty and staff, and free for students. SHS accepts Visa or MasterCard as payment. SHS is located next to the USF Tampa Bookstore.
- The Hillsborough County Health Department offers flu shots at other times and locations for \$25. Click [here](#) for more information.
- Walgreens offers flu shots through December 15th for \$24.99. Find locations [here](#).
- Publix offers flu shots for \$30. Find more information [here](#).

You'll find more information on prevention, treatment, and other flu facts [here](#).