TULANE Campus Health
The Well *for* Health Promotion

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THE STALL STREET JOURNAL

FLU VACCINE MYTHS: GAME OVER

As flu season approaches, misinformation can make it harder to know what's true and what's not. Before heading to a campus flu clinic, let's clear up some common myths so you can make an informed decision about protecting yourself and the people around you.



Sources: CDC.gov — "Flu Vaccine Safety," "Key Facts About Seasonal Flu Vaccine," "Benefits of Flu Vaccination," "Cold Versus Flu," and "Signs and Symptoms of Flu."

Myth: The flu shot gives you the flu.

Fact: The flu shot contains an inactivated (killed) virus or a recombinant version that does not include any live influenza virus. It safely exposes your immune system to parts of the virus so it can recognize it and build protection against future infection. Although some people may experience mild side effects such as fatigue, injection-site soreness, or a low-grade fever, it is impossible to get the flu from the flu shot.

Myth: The flu shot doesn't work.

Fact: The flu virus mutates each year, which is why a new vaccine is developed and given every year. The vaccine is updated to protect against the influenza viruses expected to be most common during the upcoming flu season. Its effectiveness varies from year to year, but the vaccine still significantly reduces your risk of severe illness, hospitalization, and complications. Even when it's not a perfect match, protection against severe outcomes remains strong.

Myth: The flu is just like a bad cold.

Fact: The flu can cause cold-like symptoms, but it is typically much more severe and can leave you feeling ill for days or even weeks. It can also cause serious complications such as pneumonia, dehydration, or hospitalization. While a cold is usually mild and self-limiting, the flu has the potential to seriously disrupt your daily life and health.

Getting vaccinated is one of the simplest and most effective ways to reduce your risk of illness and help prevent influenza from spreading on campus. Make an appointment at or walk up to one of Campus Health's on-campus flu shot clinics.

bit.ly/TUflu

OK



TUPHE

TUPHE FEATURE

Recovery is for Everyone

What Is National Recovery Month?

September is National Recovery Month (NRM), a time to celebrate the millions of people living in recovery and raise awareness of resources for anyone who needs support or is simply curious. SAMHSA, the federal agency focused on mental health and substance use, defines recovery as an ongoing process of improving health and wellness, living a self-directed life, and working toward one's full potential. Recovery can take many forms. This month is a reminder that recovery is possible, that everyone's path looks different, and that we all have a role in supporting one another along the way.

Recovery at Tulane

The Tulane Recovery Community (TRC) supports individualized recovery through programs that encourage academic achievement, connection, and engagement. TRC hosts regular meetings, sober social events, peer support, and a judgment-free community. You don't need to identify as "in recovery" to get involved—just be curious and supportive! To learn more, visit **recovery.tulane.edu** or contact Jacob Goldberg, Director of Recovery Programs, at **recovery@tulane.edu**.

You Can Be an Ally to People in Recovery

You don't need to be in recovery to support someone who is! When someone chooses not to drink or use substances, respect their choice—no pressure, questions, or judgment needed. Sometimes, being an ally is as simple as making "no thanks" feel completely okay. Interested in recovery ally training? Contact TRC at **recovery@tulane.edu**.

Learn Something New This NRM

This September, learn more about recovery resources on and off campus. Whether recovery is part of your journey, someone you care about, or simply something you want to understand, there's a place to start—and it doesn't need to be navigated alone.

Additional Resources

- **Louisiana Department of Health Substance Use Helpline**: **877-664-2248**
- **SAMHSA National Helpline**: **800-662-4357**
- **Counseling and Psychiatric Services** (CAPS): **504-314-2277**
- **Harm Education, Awareness, and Reduction at Tulane** (H.E.A.R.T.): **@heart.tulane** on Instagram

Want to Become a Tulane University Peer Health Educator (TUPHE)?
Passionate about health promotion, education, and prevention? Follow **@tulanetuphes** on Instagram and fill out the application by **September 14**!