



# Highlander Flu Prevention Kit



A GUIDE TO STAYING  
HEALTHY AT UCR

Created Fall 2025



THE WELL | STUDENT HEALTH SERVICES





# A special Message from Dr. Kenneth Han

Chief Medical Officer at University of  
California, Riverside Student Health

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We're excited to share this specially prepared toolkit with you filled with **practical, evidence-based tips** to help you stay healthy and enjoy your time on campus. We want your campus experience to be positive and uninterrupted. Illness can affect your classes, exams, and overall well-being, use this guide to keep yourself and our community healthy & safe.

Staying healthy is a team effort. You can help look out for friends who might have weaker immune systems. We're all in this together, and these resources are here to help you feel your best and thrive throughout the quarter.

Be sure to get a health screening, stay up-to-date with your vaccinations, and take steps to protect yourself and your environment from germs. Off and On-campus partners like UCR Risk, and the Riverside University Health Systems along with UC Riverside are here to support you. And don't forget, the **Student Health & Counseling Center (SHCC)** is always here to help enhance your Highlander health experience! Here's to you, Highlanders! R's Up!

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# *We All Play a Role in Keeping UCR Safe*



**The National College Health Assessment (NCHA) Spring 2025 report indicated that only 56% of respondents received the flu shot in the past year. And that nearly 6% reported that the flu negatively impacted their academic success.**

**SOURCE: NATIONAL COLLEGE HEALTH ASSESSMENT, SPRING 2025**

- The flu is a very contagious respiratory disease. The virus infects the nose, throat, and sometimes the lungs.
- It may cause hospitalization or be fatal for people with existing health conditions. The flu may cause complications such as bacterial pneumonia, ear infections, sinus infections, and worsening of chronic conditions. Vulnerable populations include those with current chronic health conditions, infants under 6 months, or adults over 65 years old.
- Common symptoms include:
  - Fever, cough, sore throat, muscle or body aches, headaches, or fatigue.

## HOW IS IT TRANSMITTED?

- The virus is primarily spread through tiny droplets produced when people cough, sneeze, sing, or talk.
- It may also spread by touching a surface or object that has the flu virus and then touching your mouth, nose, or eyes.

## HOW CAN I PREVENT GETTING SICK?

### VACCINATION

- Vaccines have been shown to reduce the risk of having to go to the doctor with flu by 40 - 60%.
- Experts analyze data to identify which strains are circulating and causing illness each year. Therefore, it is important to get the shot every year.

### CLEAN & DISENTECT

- Definition
  - Cleaning is done with water and soap to remove germs and dirt off surfaces
  - Disinfecting products are chemicals that kill remaining germs on surfaces. It is essential to clean before disinfecting.
- Clean and disinfect high-touch surfaces in your office or living area, such as door handles, tabletops, keyboards, and phones.
- Disinfect areas regularly when someone is sick or at higher risk of getting sick.

### HANDWASHING

- Bacteria and viruses can be transferred when touching your face, nose, and mouth with your hands.
- Keep hands clean by washing with soap and water for at least 20 seconds.
- If soap isn't available and your hands are not visibly dirty, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

### STAY HOME IF YOU ARE SICK

- Respiratory illnesses are easily spread. Take care of yourself and those around you; if you're feeling unwell, it's best to rest at home until you're better.
- Some individuals in our community cannot get vaccinated for a variety of reasons, including those with compromised immune systems, children under 6 months, and some individuals over the age of 65
- Enclosed crowded spaces can increase the risk of infection by respiratory illnesses. Consider having ventilation through the spaces and masking.



# *Common Myths*

**Myth: The flu vaccine will give me the virus**

**Fact: Vaccines do not cause illness. Flu shots are made of the inactivated virus that cannot transmit infection.**

**Temporary side effects can occur, but they are usually temporary (24-48 hours) and part of your body's response to building immunity.**

**Myth: I am healthy, I don't need a vaccine**

**Fact: Even healthy people can get the flu, as the flu is highly contagious.**

**Healthy individuals can protect themselves from chronic illness and help build herd immunity for those who cannot be vaccinated, such as toddlers, pregnant individuals, or immunocompromised individuals.**

**Myth: We don't need face mask anymore.**

**Fact: Wearing masks can help lower the risk of respiratory virus transmission. When worn by a person with an infection, masks reduce the spread of the virus to others.**

**it is more effective when you pair it with other recommendations, such as washing your hands, keeping your areas clean, and staying away from others who are sick.**

**Masks can also help protect wearers from breathing in infectious particles from people around them.**

**Myth: I am just a little sick; I can hang out.**

**Fact: Being sick, even only a little, means you are still contagious and can spread illness to others.**

**You can be asymptomatic and contagious as early as 1 day after exposure and remain infectious for up to 2 weeks, depending on the symptoms you develop.**

**Staying home when sick and offering remote options for employees can limit infection to others and prevent outbreaks.**

# Healthy Check-list

## SCHEDULE A FLU VACCINE APPOINTMENT

Schedule your vaccine appointment at UCR Student Health Center (SHCC) or locate a vaccine site near you.

### UCR SHCC APPOINTMENTS



[STUDENTHEALTH.UCR.EDU/APPOINTMENT](https://STUDENTHEALTH.UCR.EDU/APPOINTMENT)

### CALIFORNIA VACCINE LOCATOR



[MYTURN.CA.GOV](https://MYTURN.CA.GOV)



## WASH MY HANDS

- Wash my hands especially before and after eating, using the restroom, and after touching my face, coughing, or sneezing.
- Keep hand sanitizer accessible at your desk or your backpack.



## CLEAN AND DISENTECT

- Keep my desk or department clean by disinfecting high-touch surfaces areas or shared spaces.
- Keep disinfectant wipes near by for others to share.



## CARE FOR YOUR LOVED ONES

Take a few steps to protect your loved ones, especially during the holidays.

- Stay home if you are unwell or live with someone who is sick
- Connect with loved ones virtually and reschedule once you recover
- Do not shame family and friends who miss gatherings for feeling unwell



## SHARE THIS KIT WITH OTHERS

- Take the information and share out with other students, staff, and faculty.
- Let's work together to keep you and your loved ones healthy this flu season



## VACCINE AVAILABILITY AT UCR STUDENT HEALTH CENTER (SHS)

The 2025–2026 influenza vaccine will be available by appointment at UCR’s Student Health Services (SHS) in the SHCC from Sept 2025- January 30<sup>th</sup>, 2026. SHS is offering Flucelvax, a cell-based flu vaccine, which serves as an alternative to the traditional egg-based vaccine and is more effective. Therefore, those who were unable to get the flu shot due to the egg component are not eligible for it at SHS with this option.

1. The flu vaccine can be administered during a regular scheduled provider visit
2. Students may also schedule an appointment with any Registered Nurse (RN) or Licensed Vocational Nurse (LVN) just for a vaccination on Thursdays.

### COST

**UC-Ship Insured Students:** Vaccine is 100% covered  
**Uninsured:** \$40 for the vaccine.

Please note: If an uninsured student chooses to get their flu vaccine during a regular office visit, they’ll be charged the standard office visit fee in addition to the vaccine cost and administration fee.

### HOW TO MAKE AN APPOINTMENT

The Well and Student Health Services offer PPE individual supplies to Highlanders to help them stay safe on campus.

### FREE PROTECTIVE GEAR

The Well and Student Health Services offer individual supplies to students to help them stay safe on campus.

### LOCATION AND HOURS

**UCR, Student Health Services;  
Parking Lot 21**

**Hours:** Clinic hours will be  
**Monday, Tuesday, Wednesday :**

- 8:00 AM – 7:00 PM

**Thursday:**

- 9:00 AM – 7:00 PM.

**Friday:**

- 8:00 AM – 5:00 PM

Flu clinic will be held on Thursdays.

**UCR SHS  
APPOINTMENTS**



**STUDENTHEALTH.UCR.EDU  
/APPOINTMENT**

#### **The Well**

**M-F, 9am-5pm**

**UCR Highlander  
Building 248**

#### **THE WELL'S LOUNGE**

**Varies by Quarter**

**388 LINDEN ST.  
RIVERSIDE, CA  
92521**

#### **STUDENT HEALTH CENTER**

**Hours  
mentioned  
above**

**388 LINDEN ST.  
RIVERSIDE, CA  
92521**