

# Tulane Living Well Makes It Easy for Employees to Get Flu Shots

SOM Communications

somcommunications@tulane.edu

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L. Lee Hamm, MD, Senior Vice President and Dean of Tulane University School of Medicine, rolled up his sleeve to get a free flu shot from Tulane Living Well. (Photo by Carolyn Scofield)

Tulane Living Well offers a convenient way for employees to stay healthy this flu season. On select dates in September and October, employees can receive their flu shots at various locations across campus, ensuring they have easy access to this important preventative measure.

This year's flu vaccines are quadrivalent and protect against four influenza viruses: H1N1, H3N2, B/Victoria, and B/Yamagata. These have been the four most common strains of influenza circulating in recent years. With the ongoing presence of other respiratory illnesses, such as RSV and COVID-19, it's more important than ever to protect yourself and those around you from the flu.

Vaccination remains one of the most effective ways to reduce the risk of flu-related illness, hospitalizations, and even severe outcomes. By vaccinating, you help protect yourself and contribute to our campus community's health and safety.

The locations for this year's flu shot clinics will be conveniently situated around campus to accommodate busy schedules. Employees can drop in at a time that works for them without scheduling an appointment. Here's the full list of dates and times.

**Tuesday, September 24, 9:30 a.m. - 2 p.m.**

Downtown, Hutchinson Room 1810 (Old Bookstore)?

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**Wednesday, September 25, 9 a.m. - 2 p.m.**

Downtown, Murphy Building, Room 220?

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**Thursday, September 26, 9:30 a.m. - 2 p.m.**

Downtown, Tidewater Building, Diboll Gallery?

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**Tuesday, October 8, 9 a.m. - 3:30 p.m.**

Uptown, LBC, Pederson Lobby?

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**Monday, October 14, 10 a.m. - 1 p.m.**

Downtown, 1555 Poydras St, Bower's Auditorium (1st Floor)?

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**Tuesday, October 15, 9 a.m. - 3:30 p.m.**

Uptown, LBC, Pederson Lobby

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**Thursday, October 17, 9 a.m. - 2 p.m.**

Downtown, Hutchinson Room 1810 (Old Bookstore)?

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**Tuesday, October 22, 9 a.m. - 3:30 p.m.**

Uptown, LBC, Pederson Lobby?

"Getting a flu shot is one of the most effective ways to protect yourself and those around you during flu season," said Jenine Dabon, APRN, FNP-C, of Tulane Living Well. "We want to make it as easy as possible for our employees to take this simple step toward safeguarding their health."

No appointments are necessary to get a flu shot, but you're highly encouraged to come with a completed consent form to help expedite your visit. Flu vaccines are a covered benefit, and employees have no out-of-pocket expenses. Employees are asked to bring their Splash ID cards to the flu clinic.

## Testing

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