

Dear Colleagues:

The fall influenza season in the U.S. has become a part of our annual calendar, and we frequently do not pay it much attention. But millions of Americans are infected with the flu virus each year, hundreds of thousands are hospitalized and tens of thousands die. The best prevention is to get an annual vaccine.

This year, as we remain in the COVID-19 pandemic, the Centers for Disease Control (CDC) recommends more strongly than ever that Americans receive a flu vaccine early in fall, before flu season begins, to help keep our hospitals from being overwhelmed with flu cases as COVID cases are expected to increase again. The recommendation is for everyone age six months and older to get an annual flu vaccine.

Cal State San Bernardino is pleased to announce that Kaiser Permanente will host an on-campus flu clinic in the West Parking Structure on Monday, November 9, 2020, [by appointment only](#). The flu clinic is open to all employees (Kaiser membership is not required); family members of employees are also welcome as long as they are 18 and older.

The health and wellness of everyone here at CSUSB remains a priority, particularly at this time. My thanks to Kaiser for providing this service. Alternatively, if you would prefer, you can obtain a flu shot at your doctor's office or at a pharmacy. Most insurance companies cover the cost so that your co-pay is \$0. Regardless, the CDC recommends that everyone receive their flu shot this fall.

Additional information on the importance of receiving a flu vaccination can be found at: <https://www.cdc.gov/flu/prevent/vaccinations.htm>

Sincerely,

**Tomás D. Morales**

President