



College of
Community
Health Sciences

THE UNIVERSITY OF ALABAMA®

Flu Shot Campaign – Information for media and journalism students

The UA annual flu shot campaign is led by UA's College of Community Health Sciences in partnership with the Capstone College of Nursing, Student Health Center and Pharmacy and WellBAMA.

College of Community Health Sciences (CCHS)

Contact: Kandis Snyder
Communications Specialist
(205) 348-9103
kasnyder2@ua.edu

For general and background information about the flu shot campaign.
To interview, photograph or video CCHS and University Medical Center (UMC) employees.

Capstone College of Nursing (CCN)

Contact: Rosemary Russell Kirby
Communications
(205) 348-7429
rurussell@ua.edu

To interview, photograph or video CCN faculty and/or nursing students

Student Health Center and Pharmacy (SHCP)

Contact: Kandis Snyder
Communications Specialist
(205) 348-9103
kasnyder2@ua.edu

To interview, photograph or video SHCP nurses and/or employees.

WellBAMA

Contact: Carolyn MacVicar
Coordinator, Office of Health Promotion and Wellness
(205) 348-6153
cmacvicar@fa.ua.edu

For a schedule of flu shot sites, visit <http://cchs.ua.edu/flushot>.

UA offers free flu shots for students and employees

August 27, 2025

The University of Alabama is once again helping its campus community stay healthy this fall with free flu shots for students, faculty and staff.

The 14th annual UA Flu Shot Campaign, led by the University's College of Community Health Sciences, starts Sept. 3 and runs through mid-November.

During the campaign, free flu vaccines are provided to UA students and employees at sites across campus, including the Quad, University buildings and student residence halls. There is no cost for students and employees to receive the shots, and health insurance is not required.

Nurses from University Medical Center and the UA Student Health Center and Pharmacy, which are both operated by CCHS, and the Capstone College of Nursing administer the flu shots. WellBAMA is also a flu shot campaign partner.

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. According to the U.S. Centers for Disease Control and Prevention, the flu can cause mild to severe symptoms, including fever, cough, sore throat, body aches and fatigue. In some cases, serious consequences of the flu can result in hospitalization, or even death.

Dr. Tom Weida, chief medical officer for UMC and a family medicine physician, emphasizes the importance of getting the flu vaccine.

"Flu season is on its way, but getting the vaccine is a simple way to protect yourself and others," said Weida. "The vaccine works well to prevent illness and can reduce the risk of hospitalization."

An annual flu shot is recommended for everyone six months of age and older. Vaccination is particularly important for people who are at high risk for serious complications from the flu, including: children younger than five years, especially children younger than two years; adults 65 years of age and older; pregnant women and women up to two weeks postpartum; people with certain chronic health conditions; and residents of nursing homes and other long-term care facilities.

"If you start getting flu symptoms, try to see a doctor within the first two days," Weida said. "There are medicines that can help, but they work best when started early. There are even home test kits that you can pick up at the pharmacy. But the best line of defense is getting vaccinated. As Benjamin Franklin said, 'An ounce of prevention is worth a pound of cure.'"

Weida also recommends for people with any flu-like symptoms to wear a mask to avoid spreading the illness to others.

In addition to the pop-up shot sites on campus, students can also visit the SHCP and UA employees can visit the Faculty-Staff Clinic at UMC to get free flu shots. Vaccinations are also available to retired UA faculty and staff and dependents of University employees.

Children of employees with UA health insurance can receive flu vaccinations at UMC, and children of employees with non-UA health insurance can also receive flu shots at UMC if their insurance has approved nurse practitioner coverage. Spouses of employees can also receive the free flu vaccine at campus flu shot sites or at UMC.