



## A Message from Magers Health and Wellness Center

Dear Family Members:

The employees of Magers Health and Wellness wanted to share some information regarding Flu and Covid-19 care and vaccine availability. Help us help your student by encouraging them to seek care when they are not feeling well and receive their preventive vaccines.

Flu: The best way to prevent seasonal flu is to get vaccinated every year. The flu vaccine offered at Magers Health and Wellness Center are the following:

- 4-Strain Flu Vaccine - for most patients
- High Dose Flu Vaccine for those 65 years and older
- Egg-Free Flu Vaccine for those with egg allergies

Magers Health and Wellness Center will start flu vaccination clinics on Monday, September 18. Flu vaccines are free for Missouri State students. Students can schedule an appointment through their [MyHealth Portal](#).

COVID: Magers Health and Wellness Center has preordered the newest vaccine with an anticipation of receiving it late September. We are not currently offering the Bi-Valent COVID Vaccine per CDC recommendations. We will update our website as soon as we have the updated Pfizer-BioNtech COVID-19 vaccine to offer our patients.

Magers laboratory offers one test that checks for both COVID and Flu with same day results (this test requires an order from a doctor). All laboratory COVID and Flu testing will incur a charge. Magers, as a courtesy, will file these charges with most insurances.

If you want a quick test for COVID, Magers Health Pharmacy has Free COVID – self rapid antigen tests available. You may pick them up by walking in or walking through the drive through which is open until 6pm.

Magers Health and Wellness Center also has masks available if needed. Students can also order over the counter (OTC) items such as Tylenol and cough drops through their MyHealth Portal and pick these items up at Magers Health Pharmacy and drive-thru.

Flu and COVID Care:

- Drink plenty of liquids: choose water, juice, and warm soups to prevent dehydration.
- Rest: get more sleep to help your immune system fight infection.
- Consider pain relievers: use acetaminophen (Tylenol) or ibuprofen (Advil), to combat the achiness associated with Flu and/or COVID.
- Stay away from others as much as possible to keep from infecting them.

- Wear a facemask when around others.
- Wash your hands often to keep from spreading Flu or COVID to others.
- For Flu, the CDC recommends you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.

For more Flu information, visit <https://www.cdc.gov/flu/treatment/takingcare.htm#what>

For more COVID information, visit <https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html>