



Check It Out

DECEMBER 2015 · YOUR GUIDE TO THE LAREDO
REGIONAL CAMPUS LIBRARY

LIBRARY HOURS

MONDAY

9 AM—5 PM

TUESDAY

9 AM—5 PM

WEDNESDAY

9 AM—5 PM

THURSDAY

9 AM—5 PM

FRIDAY

8 AM—12 PM

SATURDAY

CLOSED

SUNDAY

CLOSED

National Influenza Vaccination Week

It's not too late to vaccinate – Get your flu vaccine today!

After November when you see signs that advertise: “Get Your Flu Vaccine Here,” you might think, “Isn't it too late for that?”

As long as flu viruses are spreading, it's not too late to get a vaccine to protect yourself and your loved ones.

For millions of people every season, the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. However, you may not realize that each flu season, flu also causes hundreds of thousands of hospitalizations, and thousands or sometimes tens of thousands of deaths.

But there is a vaccine that can prevent flu. While how well the vaccine works can vary, the benefits from vaccination are well documented. Studies show that flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations. This is why CDC recommends an annual flu vaccine for everyone 6 months and older.

Some people are at high risk for serious flu-related complications, like pneumonia, that can lead to hospitalization and even death. This includes young children, pregnant women, people 65 and older and people with certain medical conditions, like asthma, diabetes or heart disease. For those at high risk for complications, getting the flu vaccine is especially important. It's also important to get the vaccine if you care for anyone at high risk, including babies younger than 6 months because they are too young to get the vaccine. To learn more about high risk conditions, visit http://www.cdc.gov/flu/about/disease/high_risk.htm.

Children 6 months through 8 years of age who are getting vaccinated for the first time may need two doses of flu vaccine to be fully protected. If a child has not received his/her first dose, get them vaccinated now. For children who are 6 months through 8 years of age and who have been vaccinated with one dose, parents should check with the child's doctor or other health care professional to see if a second dose is needed. Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers. They also are offered by many employers, and are even available in some schools. Use the HealthMap Vaccine Finder at <http://vaccine.healthmap.org> to find the nearest location.



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* Please note that the library will be closed for the holidays on Thursday and Friday, December 24th and 25th but will be open December 28th-31st. On New Year's Day, the library will be closed.

* Please note that copying services are currently out of order. The library is in the process of acquiring new equipment. We apologize for the inconvenience. In the meantime, please keep in mind that print services are functioning and still available.

New Library Staff Member

We are pleased to announce that the UT Health Science Center Laredo Regional Campus Library has a new staff member, Aida Almanza. Aida will hold the position of Library Assistant and will share duties with Library Assistant, Erika Silva. Aida received her MLS from Texas Woman's University (TWU) in 2014 and has previous experience in both academic and public libraries.

