



Fight the Flu.

Get Vaccinated.

Protect yourself and those around you by getting your flu shot.

An annual seasonal flu vaccine is the best way to help protect against the flu. It is more important than ever to protect yourself against other respiratory illnesses and protect vulnerable populations during the flu 2023-2024 season. To find out more, visit [cdc.gov](https://www.cdc.gov).



If you're over 65, You're at Greater Risk.

Getting a flu vaccine is an important step to protecting yourself. If you are 65 years or older, have asthma, diabetes, or chronic lung disease, you are at a higher risk for developing complications from the flu, like *pneumococcal pneumonia*. Wear a mask for an extra layer of protection.



Together, Let's Fight the Flu.

Avoid close contact with people who are sick. Stay home when you are sick and if you need to be around others, it's highly recommended to wear a properly fitted mask to help prevent the spread of germs.



Get Your Flu Shot. Every Year.

When you get a flu shot, you are not just protecting yourself, you're protecting your partner, family, and friends. You can't get flu from a flu shot, but it does take two weeks for the vaccine to reach to its full strength.



Wash Your Hands for 20 Seconds.

It is important to practice good health habits like washing your hands often. If soap and water are not available, use an alcohol-based hand sanitizer.

Get a free flu shot through your health care provider.

This year, SFHSS is partnering with our health plans to bring flu shot clinics to worksites across the City. If you cannot attend a flu shot clinic, it is highly recommended that you contact your health plan provider to find a flu shot location nearest you.

Health Net CanopyCare Members	Kaiser Permanente Members
<p>Get a flu shot from your primary care physician without a co-pay. Contact your PCP to schedule. Your medical group may also offer reimbursement for flu shots received at a clinic or pharmacy.</p> <p>Call for details:</p> <p>Dignity Health Medical Network - Santa Cruz (831) 465-7800</p> <p>Hill Physicians Medical Group (800) 445-5747</p> <p>John Muir Physician Network (925) 952-2887</p> <p>Meritage Medical Network (415) 884-1840</p> <p>Santa Clara County IPA (SCCIPA) (800) 977-7332</p>	<p>Kaiser Permanente HMO and Kaiser Permanente Senior Advantage HMO</p> <p>Visit kp.org/flu or call (800) 573-5811 for times and locations to get your free flu shot.</p>
Blue Shield of California Members	UnitedHealthcare (UHC) Members
<p>Get a flu shot from a Primary Care Physician (PCP) without a co-pay. Contact your PCP to schedule.</p> <p>Your medical group may also offer reimbursement for flu shots received at a clinic or pharmacy.</p> <p>Call for details:</p> <p>Brown & Toland (800) 225-5637</p> <p>Hill Physicians (800) 445-5747</p> <p>Chinese Community Health Care Association (415) 834-2118</p> <p>John Muir Health (925) 952-2887</p>	<p>UnitedHealthcare Medicare Advantage PPO and UnitedHealthcare PPO Companion Plan</p> <p>Get a free flu shot from your participating Primary Care Physician (PCP) or visit uhc.com/flu to find a participating pharmacy near you.</p> <p>Call for questions:</p> <p>UHC Medicare Advantage PPO (877) 259-0493</p> <p>UHC PPO Companion Plan (866) 282-0125</p>

For more information: sfhss.org/well-being/flu-prevention