Fight the Flu!
Get Vaccinated.

Flu doesn't wait. Neither should you!

Preventing the Spread of Flu

Get Your Annual Flu Shot. When you get a flu shot, you're not just protecting yourself — you're also protecting your family, friends, and co-workers. You can't catch the flu from the vaccine, but it does take about two weeks to become fully effective. To learn more or get resources, visit **sfhss.org/well-being/flu-prevention**.

Wash Your Hands for 20 Seconds. Cover your nose and mouth with a tissue when coughing or sneezing to help to prevent the spread of germs. 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.

Disinfect and Stop the Spread. Use appropriate products such as disinfecting spray, antibacterial wipes, or sanitizing products to clean and disinfect frequently touched surfaces or objects.

Flu Symptoms

Flu season starts in October and peaks in February. Influenza (flu) is a contagious, airborne-transmitted respiratory virus that affects the nose, throat, and lungs. It can cause mild to severe illness such as pneumonia, and in rare cases it can be fatal. Symptoms may last two weeks and can include:

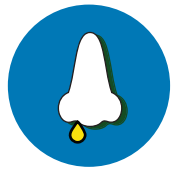Coughing/ Sneezing

Headache/ Nausea

Vomiting/ Diarrhea

Fever/ Body Chills

Fatigue/ Tiredness

Congestion/ Runny Nose

Body Aches

Breathing Issues

Get a FREE Flu Shot through your health care provider.

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 nearest flu shot location.

Blue Shield of California Members

Get a flu shot from a Primary Care Physician (PCP) 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

Brown & Toland
(800) 225-5637

Chinese Community Health Care Association
(415) 834-2118

Hill Physicians
(800) 445-5747

John Muir Health
(925) 952-2887

Health Net CanopyCare Members

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.

Dignity Health Medical Network Santa Cruz
(831) 465-7800

Santa Clara County IPA (SCCIPA)
(800) 977-7332

Hill Physicians Medical Group
(800) 445-5747

John Muir Physician Network
(925) 952-2887

Kaiser Permanente Members

Kaiser Permanente HMO and Kaiser Permanente Senior Advantage HMO

Visit **kp.org/flu** or call **(800) 573-5811** for times and locations to get your free flu shot.