



# Flu doesn't wait. Neither should you!

## Preventing the Spread of Flu



**If you're 65 or older, you're at higher risk from the flu.** Get your annual flu shot — you can't catch the flu from the vaccine, but it takes about two weeks to become fully effective. Conditions like asthma, diabetes, or lung disease can increase your risk of serious complications. Wear a mask for extra protection. Learn more at [sfhss.org/well-being/flu-prevention](https://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



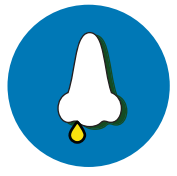
Vomiting/  
Diarrhea



Fever/  
Body Chills



Fatigue/  
Tiredness



Congestion/  
Runny Nose



Body  
Aches



Breathing  
Issues

## Get a FREE Flu Shot through your health care provider.

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