



**SAVE THE DATE
GET YOUR FLU SHOT**

CITY FLU CLINICS

- **October 8 (8am-3pm)**
County Fair Building
1199 9th Avenue
- **October 20 (10am-3pm)**
War Memorial
401 Van Ness Avenue
- **October 21 (9am-4pm)**
One South Van Ness

HEALTH PLANS

All health plan providers are offering flu shots to members.

- Blue Shield of CA HMO
- Kaiser Permanente HMO
- UHC PPO (City Plan)

FOR MORE INFORMATION

sfhss.org/flu-prevention

HELP STOP THE SPREAD

- **GET THE FLU SHOT**
- **WASH YOUR HANDS, OFTEN**
- **COVER COUGHS AND SNEEZES INTO YOUR ELBOW**
- **SICK? STAY HOME AND REST**



Better Every Day.





FLU VS. COVID

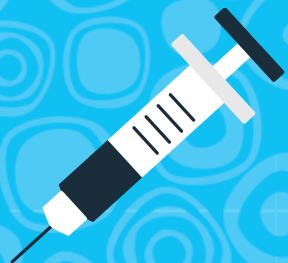
According to the CDC, flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by SARS-CoV-2 and flu is caused by influenza viruses.

Symptoms, length of infection, and recovery are similar for each virus and it is possible to contract both-- which could be deadly or prolong symptoms and recovery.

There is no vaccine for COVID at this time. However, it's important to practice good hygiene, avoid close contact, stay home when you're sick, and get the flu vaccine to protect yourself from one of these viruses.

CONTACT SFHSS WELL-BEING

well-being@sfgov.org



SIGN UP FOR AN APPOINTMENT!



Open your camera app, scan the QR code and follow link to flu shot registration:

<https://tinyurl.com/ccsfflu>

MYTH: THE FLU SHOT GIVES ME THE FLU

Flu vaccines cannot cause flu illness, because there is no active virus in the vaccine.

MYTH: FLU VACCINES WORKS RIGHT AWAY

It takes about two weeks after getting the vaccination for antibodies to develop and provide protection. Get the vaccine early for better protection.

MYTH: I'M SAFE, I GOT LAST YEAR'S SHOT

The vaccine lasts at least 6 months and decreases over time. Additionally, the virus is constantly changing, so you'll need a flu vaccine each year for protection.

MYTH: FLU VACCINES PREVENT COVID

The flu shot won't protect you from COVID-19. Both viruses can be fatal and it's important to take precaution and to decrease the risk for at least one virus. Get the vaccine early to lower your odds.

**SAN FRANCISCO
HEALTH SERVICE SYSTEM**

Better Every Day.