



Protecting yourself against the flu is now more important than ever.

An annual seasonal flu vaccine is the best way to help protect against the flu. Getting the flu vaccine will not protect you from the COVID-19 virus, however, it will help you increase your protection against other respiratory illnesses and protect vulnerable populations during the flu 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*.



We're all in this together.

Avoid close contact with people who are sick. Stay home when you are sick and if you need to be around others, wearing a properly fitting mask can protect those around you from contracting the virus.



Everybody needs a flu shot. Every year.

When you get a flu shot, you're not just protecting yourself, you're also protecting your family and friends. You can't get the flu from a flu shot, but it does take 2 weeks for the vaccine to reach its full potential.



Wash your hands for 20 seconds. Cover your mouth and nose.

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. Cover your mouth and nose with a tissue when coughing or sneezing to help prevent the spread of germs.

Don't let the flu bring you down...

Get your *free flu shot!*

Get a free flu shot through your health plan.

Kaiser Permanente Members	UnitedHealthcare (UHC) Members	Blue Shield of California Members
<p>Kaiser Permanente HMO and Kaiser Permanente Senior Advantage HMO Go to any Kaiser Permanente medical facility for a free flu shot.</p> <p>Visit kp.org/flu or call (800) 573-5811 for times and locations.</p>	<p>UHC Medicare Advantage PPO Flu shots are covered at 100% by any provider who accepts Medicare and is willing to bill UHC.</p> <p>UHC PPO (City Plan) Flu shots are covered 100% from an in-network physician, or at one of the retail pharmacies and Convenience Care Clinics below. Show your medical ID card:</p> <p>Albertsons® (Albertsons Sav-on and Albertsons Osco) CVS® Harris Teeter® H-E-B® Kmart® The Kroger Co.® (d/b/a Smith's, Ralph's, Roundy's, Pick 'n Save, Copps Food Center, Metro Market, Mariano's, Fred Meyer, Fry's, QFC, Harris Teeter, King Soopers, City Market, Food 4 Less, Dillons, Baker's, Gerbes, Jay C Food Stores, Owen's, Pay Less, Scott's) Meijer® New Albertsons® (Acme Sav-on, Jewel-Osco, Star Market, Shaws Osco and Safeway) Publix® Rite Aid® Safeway® (Carrs, Pak'N Save, Pavilions, Randalls, Tom Thumb and Vons stores) United Supermarkets® (Albertsons Market, Amigos and Market Street) Walgreens® (Duane Reade, Jim Myers, Kerr Drug, May's Drug, Parkway Drug and Super D) Walmart® Stores Inc. and Sam's Club® MinuteClinic® The Little Clinic® RediClinic®</p>	<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>

This year, SFHSS is partnering with our health plans to bring a limited number of flu shot clinics to sites 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. Visit sfhss.org/well-being/flu-prevention for more information.