



## 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. We all have the role in protecting each other by getting the flu vaccine during the on-going COVID-19 pandemic. It is more important than ever to protect yourself against other respiratory illnesses and protect vulnerable populations during the flu 2021-2022 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, cover your nose and mouth with wearing a properly fitting mask when out in public.



### 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 care provider.

Blue Shield of California Members	Kaiser Permanente Members	UnitedHealthcare (UHC) Medicare Advantage
<p>Get a flu shot from a Primary Care Physician (PCP) without a co-pay.</p> <p>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><b>Brown &amp; Toland</b> (800) 225-5637</p> <p><b>Hill Physicians</b> (800) 445-5747</p> <p><b>Chinese Community Health Care Association</b> (415) 834-2118</p> <p><b>John Muir Health</b> (925) 952-2887</p>	<p>Kaiser Permanente HMO and Kaiser Permanente Senior Advantage HMO</p> <p>Visit <a href="http://kp.org/flu">kp.org/flu</a> or call (800) 573-5811 for times and locations to get your free flu shot.</p>	<p><b>UHC Medicare Advantage PPO</b></p> <p>Schedule your flu shot today. Visit <a href="http://uhc.com/flu">uhc.com/flu</a> to find a location near you.</p> <p>Most plans cover flu shots at 100% at the following retail pharmacies. Show your medical ID card:</p> <p><b>Albertsons®</b> (Including Albertsons Sav-on and Albertsons Osco)</p> <p><b>CVS®</b></p> <p><b>Harris Teeter®</b></p> <p><b>H-E-B®</b></p> <p><b>Kmart®</b></p> <p><b>The Kroger Co.®</b> (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, Scotts)</p> <p><b>Meijer®</b></p> <p><b>New Albertsons®</b> (Including Acme Sav-on, Jewel-Osco, Star Market, Shaws Osco and Safeway)</p> <p><b>Publix®</b></p> <p><b>Rite Aid®</b></p> <p><b>Safeway®</b> (Including Carrs, Pak'N Save, Pavilions, Randalls, Tom Thumb and Vons stores)</p> <p><b>United Supermarkets®</b> (Including Albertsons Market, Amigos and Market Street)</p> <p><b>Walgreens®</b> (Including Duane Reade, Jim Myers, Kerr Drug, May's Drug, Parkway Drug and Super D)</p> <p><b>Walmart® Stores Inc. and Sam's Club®</b></p>

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. Visit [sfhss.org/well-being/flu-prevention](http://sfhss.org/well-being/flu-prevention) for more information.