



Protect yourself and those around you: Get your flu shot.

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 as COVID-19 continues to impact our lives. It is more important than ever to protect yourself against other respiratory illnesses and protect vulnerable populations during the flu 2022-2023 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*. Wear a mask for an extra layer of protection.



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 mouth and nose with a tissue when coughing or sneezing to help prevent the spread of germs. It's highly recommended to wear a properly fitted 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.

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.

Get a free flu shot through your health care provider.

Blue Shield of California Members	Kaiser Permanente Members	UnitedHealthcare (UHC) Members
<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>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>	<p>Kaiser Permanente HMO and Kaiser Permanente Senior Advantage HMO</p> <p>Visit kp.org/flu or call (800) 573-5811 for times and locations to get your free flu shot.</p>	<p>UHC Medicare Advantage PPO and UHC PPO Companion Plan</p> <p>Get a free flu shot from your participating Primary Care Physician (PCP) or visit uhc.com/flu to find a participating pharmacy near you.</p> <p>Call for questions:</p> <p>UHC Medicare Advantage PPO (877) 259-0493</p> <p>UHC PPO Companion Plan (866) 282-0125</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 for more information.