Fight the Flu!
Get Vaccinated.

Together, Let's Fight the Flu!

Take actions every day to help stop the spread of germs. An annual seasonal flu vaccine is the best way to help protect you against the flu. To learn more, visit **cdc.gov**.

Get Your Flu Shot. Every Year.

When you get a flu shot, you are not just protecting yourself, you're protecting your family, friends, and co-workers. You can't get flu from a flu shot, but it does take two weeks for the vaccine to reach to its full strength.

Stop the Spread.

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

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.

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.

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.

Call for details:

Dignity Health Medical Network - Santa Cruz
(831) 465-7800

Hill Physicians Medical Group
(800) 445-5747

John Muir Physician Network
(925) 952-2887

Meritage Medical Network
(415) 884-1840

Santa Clara County IPA (SCCIPA)
(800) 977-7332

Kaiser Permanente Members

Kaiser Permanente HMO and Kaiser Permanente Senior Advantage HMO

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

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.

Call for details:

Brown & Toland
(800) 225-5637

Hill Physicians
(800) 445-5747

**Chinese Community
Health Care Association**
(415) 834-2118

John Muir Health
(925) 952-2887

UnitedHealthcare (UHC) Members

UnitedHealthcare Medicare Advantage PPO and UnitedHealthcare PPO Companion Plan

Get a free flu shot from your participating Primary Care Physician (PCP) or visit **uhc.com/flu** to find a participating pharmacy near you.

Call for questions:

UHC Medicare Advantage PPO
(877) 259-0493

UHC PPO Companion Plan
(866) 282-0125

For more information: **sfhss.org/well-being/flu-prevention**