

# Fight the Flu!

## Get Vaccinated.

### Protect yourself and those around you by getting your Flu Shot.

The flu vaccine is the best protection against the flu. Flu vaccine reduces risk of flu illness and serious outcomes, and protects vulnerable populations. 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 important for protecting yourself. If you are 65 years or older, or if you have asthma, diabetes, or chronic lung disease, you are at a higher risk for developing complications from the flu, such as *pneumococcal pneumonia*. Wear a mask for an extra layer of protection.



#### Together, Let's Fight the Flu.

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 fitted mask is highly recommended to help prevent the spread of germs.



#### Get Your Flu Shot. Every Year.

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



#### Wash Your Hands for 20 Seconds.

It is important to practice good health habits, such as 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](http://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](http://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**