

# Flu Season is here

## GETTING A FLU SHOT IS THE BEST WAY TO FIGHT BACK!

Help prevent the spread in San Francisco with these tips:



**Get a flu shot  
every year**



**Wash your hands  
often and thoroughly**



**Cough into your  
elbow or a tissue**



**Stay home when  
you are sick**

Your doctor's office or primary care clinic is the best and least expensive place to get vaccinated. Flu shots are also offered at pharmacies on a walk-in basis for a fee. For more information about the flu, visit [www.sfcdcp.org/flu](http://www.sfcdcp.org/flu).

If you do not have a doctor or your doctor does not have flu vaccine, adults can drop-in for a free flu shot at the clinic listed below. Please call before you go to make sure the vaccine is available.

**Tom Waddell Urgent Care Clinic**  
50 Lech Walesa (Ivy) Street (near Polk)  
San Francisco, CA 94102

Phone: (415) 355-7500  
Drop-in Hours: Monday - Thursday 8:00AM– 6:00PM  
Friday - Saturday 8:30AM– 5:00PM

