

# 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).



**POPULATION HEALTH DIVISION**  
SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH