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.