



City and County of San Francisco
Edwin M. Lee, Mayor

San Francisco Department of Public Health

Barbara A. Garcia, MPA
Director of Health

FOR IMMEDIATE RELEASE
October 15, 2015

Contact: Nancy Sarieh
nancy.sarieh@sfdph.org
415-997-9246

Flu season is right around the corner Now is the time to protect yourself against the flu virus

San Francisco, CA – Bay Area Health Officers encourage all residents to get a flu shot this year before flu season sets in. Most seasonal flu disease occurs between December and March, though cases can begin to occur in October and can continue to occur into May.

Everyone can play a part to prevent the spread of the flu. Being vaccinated not only protects you, but helps protect the people around you who might be vulnerable to serious health complications from the flu.

Annual flu vaccine is recommended for everyone six months of age or older, even young, healthy people. The vaccine is particularly important for those at higher risk of severe influenza, including pregnant women, children under five years of age, the elderly, and persons with certain underlying medical conditions such as diabetes, obesity, asthma and heart disease. Vaccination of pregnant women also helps to protect infants too young to be vaccinated.

We are optimistic that this year's flu vaccine will provide good protection against the flu virus. The vaccine has been updated this year to match with the types of flu virus expected to be most common during the upcoming season.

In addition to getting vaccinated, it's important to practice good hand washing and healthy habits to stop the spread of germs:

- Cover your nose and mouth when coughing or sneezing
- Wash hands thoroughly with soap and water, or use an alcohol-based rub
- Avoid touching your eyes, nose and mouth
- If you're sick, limit contact with others – stay home from work or school

Visit a [flu vaccine location near you](#) to get immunized. For more information about influenza, visit www.flu.gov.

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About SF Health Network

The San Francisco Health Network (SFHN) is operated by the San Francisco Department of Public Health. It is the city's only complete system of care and includes San Francisco General Hospital and Trauma Center (SFGH) with UCSF physicians providing hospital care, specialty, diagnostic and ancillary services. SFHN also includes Laguna Honda Hospital and Rehabilitation Center, primary care clinics in the community, and a comprehensive range of substance abuse and mental health services. <http://www.sfhealthnetwork.org/>

The mission of the San Francisco Department of Public Health is to protect and promote the health of all San Franciscans.

We shall ~ Assess and research the health of the community ~ Develop and enforce health policy ~ Prevent disease and injury ~
~ Educate the public and train health care providers ~ Provide quality, comprehensive, culturally-proficient health services ~ Ensure equal access to all ~

101 Grove Street, Room 308, San Francisco, CA 94102 • Phone: 415-554-2600
