



City and County of San Francisco
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Flu season is here There is still time to protect yourself by getting the flu shot

San Francisco, CA – With flu season in full swing, San Francisco’s Health Officer reminds all residents to get the flu shot. Flu cases can continue to occur into May. It’s not too late to get the flu vaccine to protect yourself and your loved ones.

According to data from the California Department of Public Health, the number of flu cases are on the rise. With thousands of visitors expected in the Bay Area in the next few weeks for Super Bowl 50 events, 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.

“So far, San Francisco hasn’t been hit too hard, but flu is definitely here,” said Dr. Tomas Aragon, Health Officer for the City and County of San Francisco. “We urge everyone to get a flu shot if they haven’t already. It is easy and effective.”

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 and complications, 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.

This year’s vaccine offers good protection against the flu virus. The vaccine was updated to match the types of flu virus expected to be the most common this year.

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 or <http://www.sfdcp.org/IZlocations.html>.

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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 ~

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