



City and County of San Francisco
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FOR IMMEDIATE RELEASE

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Now is the time to protect yourself against the flu virus with a flu shot

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. A person with flu may be contagious and infect others before they even feel sick.

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.

Health officials 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.

You should receive your vaccine as an injection this year. The CDC has recommended against the nasal spray flu vaccine for this flu season as the spray has showed lower than expected effectiveness over the last few years.

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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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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