

# Fight Flu and Get Vaccinated

Vaccination is the best protection against the flu

## The flu vaccine is more important than ever this year



- Getting a flu shot can reduce your risk of flu and help save medical resources needed to care for people with COVID-19



- Everyone six months and older should get a flu vaccine. It is important to get a flu shot every year because the flu virus changes over time.



- Every year, the flu vaccine prevents illnesses, medical visits, hospitalizations, and has shown to be lifesaving.

- Health officials recommend getting the flu shot in early fall before flu activity begins to increase. It takes a couple of weeks after vaccination for the body to build immunity, so don't delay getting a flu shot.

## Where to get a flu shot

Vaccines are available at doctor's offices, and many pharmacies provide free and low-cost flu vaccinations to the public.

If you are uninsured or your insurance doesn't cover the cost of vaccines, you can go to one of the County Clinics for low-cost or free flu shots.

### **Santa Cruz Health Center**

1080 Emeline Ave., Santa Cruz

(831) 454-4100

Monday- Friday, 1:30pm to 3:45pm

### **Watsonville County Health Clinic**

1430 Freedom Blvd, Suite D, Watsonville

(831) 763-8400

Monday - Friday, 1:00pm to 3:45pm

## Flu and COVID-19 have similar symptoms, including fever, cough, body aches, and chills

- If you think you have the flu, call your doctor to get tested for COVID-19 and flu. Call 911 if you have chest pain or difficulty breathing.
- You will likely have to stay home from work and isolate yourself from other people in your household while you wait for your results. Follow your healthcare provider's recommendations.

### **If you don't have a doctor or medical insurance, call:**

County Health Center Watsonville  
831-763-8400, 7:30am-6:30pm

Salud Para la Gente  
831-728-0222, 8am-7pm

County Health Center Santa Cruz  
831-454-4100, 8am-5pm

Santa Cruz Community Health Center  
831-427-3500, 8am-8pm

For more information, visit [www.santacruzhealth.org/flu](http://www.santacruzhealth.org/flu)

