

#FIGHT FLU

FLU VACCINE RESOURCES

INFLUENZA (FLU) BASICS

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to hospitalization and sometimes even death. Symptoms can include fever, chills, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills, fatigue, vomiting and diarrhea.

PROTECT YOURSELF & YOUR LOVED ONES: GET VACCINATED

The CDC recommends that all people six months of age and older get a flu vaccine, every flu season.

- The vaccine cannot cause the flu.
- The flu vaccine is used to prevent flu illness, not to treat it.
- It takes two weeks after vaccination for your body to build immunity for protection against the flu.

Yearly flu vaccination should begin as soon as vaccine is available, and continue throughout the flu season, which can last as late as May.



WHERE CAN I GET VACCINATED?

To get a flu vaccine, check with your regular health care provider. Even if you don't have a regular health care provider, you can get a flu vaccine from one of these other locations:

Santa Barbara County Health Care Centers, Community Clinics, Hospitals:

- Community Health Centers of the Central Coast: www.chccc.org, 1-866-614-4636
- Cottage Health Systems Flu Hotline: www.sbch.org, 1-855-247-9355
- Marian Community Clinic: 805-739-3890
- Sansum Clinics Flu Hotline: www.sansumclinic.org, 1-800-472-6786
- Santa Barbara County Health Care Centers (HCC): www.sbcpd.org/iz
 - Carpinteria HCC: 805-560-1050
 - Franklin HCC: 805-568-2099
 - Lompoc HCC: 805-737-6400
 - Santa Maria HCC: 805-346-7230
 - Santa Barbara HCC: 805-681-5488
- Santa Barbara Neighborhood Clinics: www.sbclinics.com
 - Eastside: 805-963-1641
 - Westside: 805-963-1546
 - Goleta: 805-617-7878
 - Isla Vista: 805-968-1511

Pharmacies & Chain Stores:

Several pharmacy and store chains are offering flu vaccine. For more information, visit www.vaccinefinder.org or one of the sites below.

- Target: www.target.com
- Vons: www.vons.com/ifl/grocery/Flu-Shots
- Walgreens: www.walgreens.com
- Wal-Mart: www.walmart.com/flu
- Costco: www.costco.com
- CVS: www.cvs.com/flu
- Rite Aid: www.riteaid.com
- Albertsons Sav-On Pharmacy: www.albertsonssavonpharmacies.com



WHAT ABOUT THE COST?

Flu vaccination is covered by most health insurance plans. It is also a covered benefit under Medicare Part B and Medi-Cal. Check with your insurance provider for coverage details.

The California Vaccines for Children (VFC) Program provides flu vaccination for eligible children at no cost. Check with your child's provider to see if they participate in the VFC Program.