

Flu Factsheet

2021-2022



Flu shots are the best way to protect yourself, your loved ones, and your community against the flu.

Everyone 6 months and older should get a flu shot every year. You can get both a flu shot and a COVID-19 vaccine in the same visit. The shots are just as effective when you get both at the same time.

Similarities between Flu and COVID-19

- **Flu and COVID-19 are both contagious respiratory illnesses with similar symptoms.**
- **Both the flu and COVID-19 require different vaccines and different tests to diagnose.**
- **It is recommended that people with flu symptoms get a COVID-19 test and stay home while waiting for results.**

Information about the flu shot

- **Flu vaccines reduce hospitalizations and emergency room crowding.**
- **The composition of flu vaccines is reviewed annually and updated to match circulating flu viruses.**

How to minimize transmission

- **Get the flu vaccine.**
- **Stay home at first sign of illness.**
- **Keep children home if they have any symptoms.**
- **Wear a mask.**
- **Wash hands often with soap and warm water for at least 20 seconds.**
- **Avoid touching your eyes, nose, and mouth.**
- **Cover your mouth with your elbow when you cough or sneeze.**

What to do if you think you have the flu

- **To reduce the spread of flu, stay home.**
- **If your kids are sick, do not send them to school or day care.**
- **If you have flu symptoms, seek healthcare.**
- **If someone in your family has the flu, talk to your healthcare provider about precautions to lower your risk of infection.**

Flu Factsheet

2021-2022



Flu vaccines are available at your primary care doctor's office, pharmacies, and for free at Santa Clara Valley Medical Center & Clinics

The Santa Clara County Pharmacy Flu Clinics offer FREE Walk-In flu vaccines for adults, and children 12 years and older on the following locations:

Locations	Days	Hours
Valley Health Center Downtown 777 E. Santa Clara Street, San Jose, CA 95112	Monday – Friday	1:00 pm – 8:00 pm
Valley Health Center Milpitas 143 N. Main Street, Milpitas, CA 95035	Monday – Friday	9:00 am – 4:30 pm
Valley Health Center Sunnyvale 660 South Fair Oaks Ave., San Jose, CA 95035 (6 months and older)	Monday – Friday	9:00 am – 4:00 pm
Adult and Travel Immunization Clinic 976 Lenzen Avenue, San Jose, CA 95126 Please call to schedule appointment 408-792-5200	Monday – Friday	8:30am - 12:30 pm 1:30 pm – 5:00 pm
Valley Health Center Moorpark 2400 Moorpark Avenue, San Jose, 95128	Monday – Friday	1:00 pm - 8:00 pm
Valley Specialty Center 751 S. Bascom Avenue, San Jose, CA 95128 Basement/ VQ160 (Conference Room)	Monday – Friday	9:30 am – 5:00 pm
Valley Health Center Gilroy 7475 Camino Arroyo, Gilroy, CA 95020 1st Floor	Monday – Friday	8:30 am – 12:00 pm 1:00 pm- 4:00 pm

Schedules are subject to change and flu vaccines are subject to availability.

Note: All Valley Health Centers are closed on the following Holidays – Thanksgiving Day and Day After 11/25/2021 and 11/26/2021, Christmas Day 12/25/2021, New Year's Day 01/01/2022, Martin Luther King Day 01/17/2022, President's Day 02/21/2022.

For more information about flu and where to get a flu shot visit: sccphd.org/flu