

Outsmart the flu this season

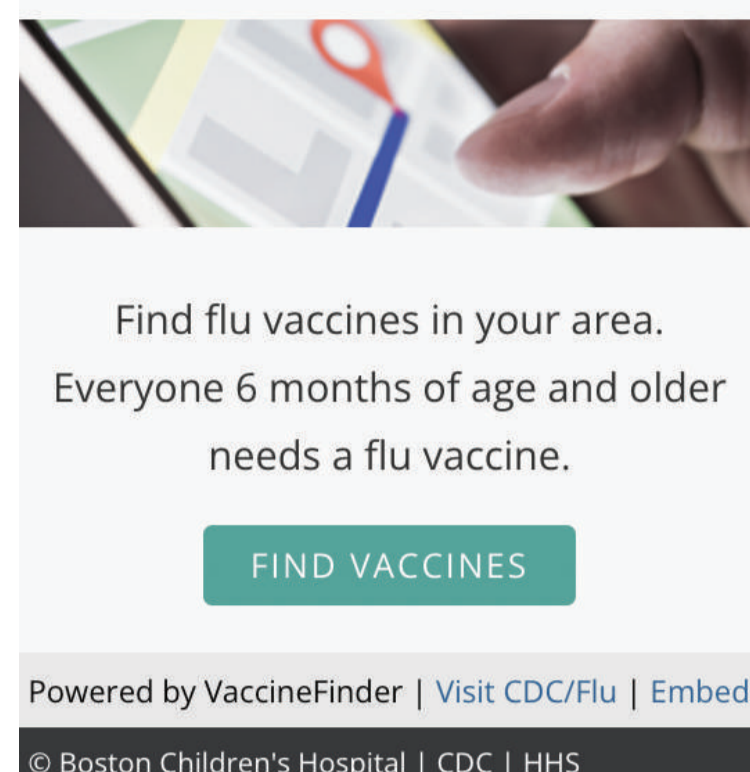
Find the nearest place to get vaccinated.

Get your flu vaccine



Find the nearest pharmacy or clinic near you

Type in your zip code to start your search. Many offer evening, weekend, and walk-in appointments.



Your doctors and the CDC agree

Your Cityblock doctors strongly encourage all who are six months and older, to get the flu vaccine—as recommended by the CDC.



It's quick and available in lots of places

Easily add a vaccine appointment to your next pharmacy run or scheduled doctor's visit.

Covered by your insurance in most cases

Getting the flu vaccine may not cost you anything, other than a few minutes of your time.



Keeps your friends, loved ones, and community safe

The flu vaccine cuts the severity of symptoms and hospitalization, protects pregnant women as well as people with chronic health problems, and saves children's lives.

Information is your first line of protection

- What is the flu?** +

Flu is short for influenza. It's a contagious illness caused by viruses that infect your nose, throat, and in some cases, your lungs.
- What are its symptoms?** +

The flu can cause mild to severe symptoms such as fever, chills, cough, sore throat, runny nose, body aches, headaches, and tiredness. It's also common for kids to have vomiting or diarrhea.
- How do you get it?** +

Flu viruses spread when you make contact with someone who's sick. Talking, sneezing, or coughing can get you infected. You can also get it if you touch your mouth, nose, or eyes after handling things or surfaces that have the flu virus on them.
- Is it serious?** +

It can be. Although most healthy people experience mild cases, the flu can lead to complications such as bacterial pneumonia, and ear or sinus infections. Chronic issues such as asthma, diabetes, or congestive heart failure can get worse. And in some cases, the flu can be fatal.
- Are there any side effects if I get the vaccine?** +

Although you may experience some from getting the flu vaccine, its benefits outweigh its side effects. These include soreness and/or swelling in the arm where it was given, fatigue, and muscle aches. Some people experience headaches, nausea, and fever. These side effects may last a day or two. If you have any more questions, we're happy to answer and take you through what to expect. Just call us at 833-904-2273 (TTY: 711).

Let's all do our part

Keep yourself, your friends, loved ones, and community safe. Get protected today.

Get your flu vaccine

We're here to help

Whether it's to learn more about our services, ask questions about your membership, or to schedule a visit, call us—we'd love to hear from you.

Call us now