

Get Your Flu Shot

Protect yourself and others from the flu.

Sutter Health Plus covers flu vaccines with no member cost share.

This year it is especially important to protect yourself and those around you from the flu by getting a flu shot. The Centers for Disease Control and Prevention recommends everyone six months and older should be vaccinated annually. The vaccine is particularly important for those at high risk of severe complications from the flu, such as pregnant women, children under age five and adults over age 65.

For your convenience, flu shots are available at the following locations at *no cost**:

- **Sutter Walk-In Care**
 For members six months and older, appointments are recommended, but not necessary.
- **Network pharmacies**
 Please call ahead to check for availability and ask if you need to schedule an appointment.
- **Primary care physician offices**
 Schedule an appointment with a participating provider or Sutter flu shot clinic through My Health Online.

*Please show your Sutter Health Plus ID card at the time of service
 Office visit copay may still apply; the flu shot is covered at no cost.

Is it COVID-19, the flu, a cold, or allergies? Check your symptoms to find out.

	COVID-19*	FLU	COLD	ALLERGIES
Fever	Common (measured at 100°F or higher)	High (100° – 102°F), can last 3 – 4 days	Rare	Rare
Headache	Sometimes	Intense	Rare	Sometimes
General aches, pains	Sometimes	Common, often severe	Slight	Rare
Fatigue, weakness	Sometimes	Common, often severe	Slight	Sometimes
Extreme exhaustion	Sometimes (progresses slowly)	Common (starts early)	Rare	Rare
Stuffy nose	Rare	Sometimes	Common	Common
Sneezing	Rare	Sometimes	Common	Common
Sore throat	Rare	Common	Common	Sometimes
Cough	Common	Common, can become severe	Mild to moderate	Sometimes
Shortness of breath	In more serious infections	Rare	Rare	Common
Runny nose	Rare	Sometimes	Common	Common
Diarrhea	Sometimes	Sometimes**	Rare	Rare

**Information still evolving
 **Sometimes for children*