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GET THE FLU SHOT TO PREVENT THE SPREAD OF INFLUENZA

Champions for Health is providing free flu shots to ensure the health and safety of the community during the COVID-19 pandemic

SAN DIEGO – This fall, reducing the spread of respiratory illnesses, like flu, is more critical than ever. Although flu vaccination is not related to COVID-19, it is vital to minimize the impact of respiratory illnesses and resulting burdens on the healthcare system during the COVID-19 pandemic. Starting October 4, Champions for Health (CFH) will provide free flu shot clinics across San Diego County in partnership with the County of San Diego Health & Human Services Epidemiology and Immunization Services program and United Healthcare.

"COVID-19 has impacted access to general medical care and increased the number of uninsured people in our community," said Adama Dyoniziak, Champions for Health Executive Director. "The combination of chronic disease and complications due to COVID will put many people at a higher risk of flu complications."

The CDC recommends getting a flu vaccination in September or October but getting vaccinated anytime during the flu season can help protect you. A flu vaccine may also provide several individual health benefits, including keeping you from getting sick with flu, reducing the severity of your illness if you do get flu, and reducing your risk of flu-associated hospitalization.

CFH will focus efforts on the underinsured, uninsured, essential workers, those who have lost their employer's health insurance, and anyone who may need it. CFH activates the local medical community to volunteer and assist in these events. The pop-up clinics will be a hybrid of drive-thru and walk-up, depending on the site.

Who is eligible?

Everyone qualifies, ages four years and up & pregnant women, to receive a flu shot. Nasal spray and high dose vaccine will not be available. No insurance is required. A mask is required at all flu shot locations.

October Flu Clinic Locations

10/04/2020 - 10:00 AM - 2:00 PM, Church of Resurrection, 1445 Conway Drive, Escondido, CA 92027
10/06/2020 - 10:00 AM - 1:00 PM, Neighborhood Healthcare, 16650 Hwy 76, Pauma Valley, CA 92061
10/07/2020 - 12:00 PM - 4:30 PM, Northgate Market, 1150 E. Vista Way, Vista, CA 92084
10/09/2020 - 8:00 AM - 2:00 PM, Mexican Consulate, 1549 India St San Diego, CA 92101
10/10/2020 - 9:00 AM - 1:00 PM, Grossmont Healthcare District, 9001 Wakarusa Street, La Mesa, CA 91942
10/11/2020 - 7:30 AM - 11:30 AM, Northgate Market, 5403 University Ave, San Diego, CA 92105
10/13/2020 - 8:00 AM - 11:30 AM, Our Lady of Mount Carmel, 2020 Alaquinas Drive, San Ysidro, CA 92173
10/14/2020 - 12:00 PM - 4:30 PM, Northgate Market, 606 N. Escondido Blvd, Escondido, CA 92025
10/16/2020 - 12:00 PM - 4:00PM, Wakeland Housing, 201 Country Club Lane, Oceanside, CA 92054
10/17/2020 - 9:00 AM - 1:00 PM, Jamul Elementary School, 14567 Lyons Valley Road, Jamul, CA 91935
10/18/2020 - 7:30 AM - 11:30 AM, Northgate Market, 1058 3rd Ave, Chula Vista, CA 91911
10/19/2020 - 11:00 AM - 2:00 PM, Grossmont College, 8800 Grossmont College Drive El Cajon, CA 92020
10/21/2020 - 12:00 PM - 4:30 PM, Northgate Market, 1410 S. 43rd St, San Diego, CA 92113
10/24/2020 - 9:00 AM - 1:00 PM, Volunteers in Medicine, 1457 E. Madison, El Cajon, CA 92019
10/25/2020 - 7:30 AM - 11:30 AM, Northgate Market, 1346 S. Mission Rd, Fallbrook, CA 92028
10/26/2020 - 10:00 AM - 4:00 PM, Grossmont Health Occupations Center, 9368 Oakbourne Road, Santee, CA 92071
10/28/2020 - 12:00 PM - 4:30 PM, Northgate Market, 2909 Coronado Ave, San Diego, CA 92154
10/31/2020 - 9:00 AM - 1:00 PM, James and St. Leo's, 936 Genevieve Street, Solana Beach, CA 92075

Flu clinics will run October 2020 – March 2021.

Additional dates and locations can be found at https://championsforhealth.org/events/free-flu-immunizations/.

About Champions for Health
Champions for Health was formed in 2004 by the San Diego County Medical Society to address the unmet healthcare needs of low-income and uninsured San Diego County residents. A community health nonprofit focusing on access to care for all and community wellness, this foundation was instrumental in amplifying physician engagement and volunteerism, positively impacting the lives of more than 100,000 San Diegans since its inception.

Champions for Health's flagship program is Project Access San Diego, which provides access to uninsured individuals in need of specialty medical care in order to restore health. Champions for Health also facilitates a Community Wellness Program that continues the path to health with free vaccination programs, speakers for community groups, and support geared toward improving San Diego health for all. For more information visit https://championsforhealth.org/

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