

# Boost Your Immunity with COVID-19 and Flu Vaccines This Fall



In light of the evolving COVID-19 variants, safeguarding our immunity remains a top priority. The updated COVID-19 vaccine has received approval from both CDC and FDA. This new formulation has been carefully designed to align with the current strains of the virus, specifically targeting the prevailing XBB variants.

Here are the CDC's recommendations regarding the updated COVID-19 vaccines:

- Individuals aged 5+ are recommended to receive a single dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine.
- Those who are moderately or severely immunocompromised may be eligible for additional doses of the updated COVID-19 vaccine.
- Children between 6 months and 4 years old should receive multiple doses of COVID-19 vaccines, with at least one dose of the updated COVID-19 vaccine.

Proven over time, the flu vaccine remains a steadfast way to shield yourself from the impact of influenza. October is the prime month for vaccination. It is recommended that everyone over the age of 6 months receive the flu vaccine. If you're 65 or older, you should get the high-dose version for stronger protection.

**Flu Shots:** Chinese Hospital's clinics now provide free flu shots with most insurance plans, and we also offer a convenient self-pay option for just \$30. Appointments and walk-ins are available at all of our clinic locations during regular operating hours.

**COVID-19 Vaccine:** The Spikevax COVID-19 vaccine by Moderna is now offered at all Chinese Hospital Clinics. We accept CCHP insurance and most PPO insurance plans. If your HMO plan differs, and your PCP is one of our clinic providers, you can also receive the COVID vaccine from us. Walk-ins are welcome at our Chinatown and Gellert locations, while appointments are required at our Sunset and Excelsior locations.

## Locations

### Chinatown

845 Jackson St,  
San Francisco, CA 94133

Mon – Fri: 9:00 a.m. – 5:30 p.m.  
Sat: 9:00 a.m. – 4:00 p.m.

### Sunset

1800 31st Ave,  
San Francisco, CA 94122

Mon – Fri: 9:00 a.m. – 5:30 p.m.  
Sat: 9:00 a.m. – 4:00 p.m.

### Excelsior

888 Paris St, #202  
San Francisco, CA 94112

Mon – Fri: 9:00 a.m. – 5:30 p.m.  
Sat: 9:00 a.m. – 4:00 p.m.

### Daly City

386 Gellert Blvd,  
Daly City, CA 94015

Mon – Fri: 9:00 a.m. – 5:30 p.m.  
Sat: 9:00 a.m. – 4:00 p.m.

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