

# 2022 Flu Shots



Even healthy people can get the flu.

This season protect yourself — and those around you — by getting a shot.

Now is the time to start thinking about when, how and where you'll get immunized against the flu this year.

Flu season typically peaks between December and February, but you should plan on getting your flu shot early to protect yourself against this serious respiratory illness. Please read these important facts to ensure that everyone stays safe and healthy this flu season.

## City of Tacoma Flu Shots:

- Wear a short sleeve shirt so the nurse can administer the shot quickly and effectively.
- [Fill out the medical form](#) in advance and make sure to bring your medical card. City employees who are not enrolled in a City medical plan are still welcome to get a Flu Shot (at no cost).
- These locations are servicing City employees only and cannot accommodate family members, retirees, contractors or volunteers. Family members should visit their doctor or insurance participating pharmacy for a flu shot.

Location	Date	Time
Loveland	9/15/2022	7:00 — 9:00 a.m.
Green River Headworks	9/21/2022	7:00 — 8:00 a.m.
Tacoma Public Utilities (TPU) — Auditorium	9/22/2022	7:00 — 10:00 a.m.
Environmental Services — Solid Waste	9/22/2022	11:00 a.m. — 2:00 p.m.
Tacoma Municipal Building (TMB) — Room 708	9/27/2022	7:30 — 9:30 a.m.
Street Operations	9/28/2022	7:30 — 8:30 a.m.
Tacoma Rail	9/28/2022	2:30 — 4:00 p.m.
Environmental Services — Central Treatment Plant	9/29/2022	7:00 — 9:30 a.m.
Tacoma Police Department/Fleet Services	9/29/2022	1:00 — 4:00 p.m. 7:30 — 8:30 p.m.
Center for Urban Waters	10/05/2022	9:00 — 10:00 a.m.
Cowlitz Hydro Project	10/06/2022	8:00 — 9:00 a.m.
Library Moore Branch (Library Staff ONLY)	10/06/2022	4:00 — 6:00 p.m.

## Questions:

Email: [wellness@cityoftacoma.org](mailto:wellness@cityoftacoma.org); Phone: 253-591-2002

## Complete the Medical Form:

Find the form on <https://wellness.cityoftacoma.org>

