

# Protect what you love – every moment, everyone. Get vaccinated.

As a member, you can get your flu shot at no cost

Your health and safety are our top priority. That's why this season, we're making it safe and easy to get your flu shot.

Flu shots are now available at many Kaiser Permanente locations near you. We've taken steps to make your visit easy and convenient – so you can feel good about protecting yourself and your loved ones.

## 3 reasons to get your flu shot



**It's safe and effective** – Flu shots can't give you the flu. In fact, they reduce the risk of flu illness by 40% to 60%.\*



**It protects your community** – Preventing flu symptoms like coughing and sneezing helps stop the spread to family, friends, and co-workers.



**It changes every year** – The vaccine is updated each year to target the latest strain of the flu.

To learn more about how to get a flu shot near you:

- Visit [kp.org/mydoctor/flu](https://kp.org/mydoctor/flu)
- Call our 24/7 flu hotline at **1-800-573-5811**

## 4 ways to get your flu shot



**Drive through** – Visit one of our drive through clinics for a convenient way to get your flu shot.



**In facility** – Get your flu shot at your next in-person appointment.



**Walk up** – Visit one of our open-air tents to get your flu shot without going into a facility.



**Retail locations** – From October 1, 2021, through March 31, 2022, members can get a flu shot at no additional cost from select retailers, including Walgreens, CVS, Safeway, and more. All you need is your photo ID and member ID card. If you forget your physical member ID card, you can use your digital card in the Kaiser Permanente app.

## It's safe to get the flu and COVID-19 vaccines at the same time.

Visit [kp.org/covidvaccine](https://kp.org/covidvaccine) to schedule a vaccination appointment, get the latest updates on booster shots, learn how the vaccines work, and more.

\*"Vaccine Effectiveness: How Well Do the Flu Vaccines Work?," CDC.gov, 2020.

Learn more at [kp.org/mydoctor/flu](https://kp.org/mydoctor/flu) and [kp.org/covidvaccine](https://kp.org/covidvaccine)

