

Stopping the spread is more important than ever

Get your flu shot today – at no cost to members

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.

To make sure you get the care you need while staying safe, we'll have rigorous measures in place to prevent the spread of COVID-19 – including requiring masks and sanitizing surfaces at all Kaiser Permanente locations.

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.

3 ways to get your flu shot



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



In facility – Starting September 14, you can 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.



To learn more, visit kp.org/mydoctor/flu or call our 24/7 flu hotline at **1-800-573-5811**.

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