Protect yourself and your loved ones. Get the flu shot.

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.

To make sure you get the care you need while staying safe, we 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.

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

- Visit **kp.org/flu**
- Call our 24/7 flu hotline at **1-800-573-5811**

4 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 – 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 – Now through December 31, 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.

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

Learn more at **kp.org/flu**

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