

Stopping the spread is important. Now more than ever.

4 reasons to get a flu shot



It's the best defense

Flu shots prevented 4.4 million cases and 58,000 hospital visits from 2018 to 2019.¹



It's safe

Flu shots can't—and won't—give you the flu. Millions of Americans have received them safely over the last 50 years.²



It protects others

Preventing flu symptoms like coughing and sneezing will help stop the spread to family, friends, and co-workers.



It changes every year

The vaccine is updated each year to target the latest strains of the virus.

Ways to schedule your flu shot



Visit kp.org and select the e-visit option



Open your KP app and select the e-visit option



Call **800-777-7904** (TTY 711)

Your health and safety are our first priority

Kaiser Permanente is dedicated to caring for members in all of our medical centers. We're following rigorous safety procedures, including screeners at the entrances of all medical centers to check your temperature; requiring masks for everyone entering our facilities; and thoroughly sanitizing all surfaces in the pharmacy, radiology department, laboratory, waiting rooms, and reception desks.

If you received a flu shot outside of Kaiser Permanente, please let us know so we can update your health record. Visit kp.org/flu and click update your flu record.



To help prevent the spread of COVID-19, we ask you to make an appointment to get your flu shot.



For more information on how you can receive your flu shot, visit kp.org/flu

¹"Influenza Illnesses, Medical Visits, Hospitalizations, and Deaths Averted by Vaccination," CDC.gov, 2020.

²"Influenza (Flu) Vaccine Safety," CDC.gov, 2019.