

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, sanitizing surfaces, and checking temperatures 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 **1-866-706-6358**

Even more ways to get your flu shot



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



Walk-up – Many of our facilities offer walk-up flu clinics outside the building or in the lobby.



Flu Saturdays – This season, walk-up and drive-thru flu clinics are available Saturdays at some facilities.



Drive-thru – No need to leave your car – drive-thru clinics are a convenient way to get your flu shot.



Retail locations – Now through December 31, members can get a flu shot at no additional cost from select retailers, including Walgreens, CVS, Vons, and more.

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