

The flu is serious. Don't pass it on.

Get your flu shot today! Protect yourself and everyone around you.

Knowing the facts about the flu can save a life.

The flu spreads easily. Offices, schools, and grocery stores are just a few places where you're at risk. Protecting yourself and the people around you starts with knowing the facts – and getting the flu shot.

1. The flu is serious.

It can lead to complications and hospitalization. In some cases, it can even lead to death. Anyone can get the flu, even very healthy people. While people 65 and older have the highest risk of complications from the flu, healthy children and adults can also end up in the hospital. Why risk it?

2. The flu shot is your best protection.

The Centers for Disease Control and Prevention recommend yearly flu vaccines for everyone 6 months of age and older as the first and most important step in protecting against this serious illness.

3. The flu shot doesn't give you the flu.

The flu vaccine is safe, and it can't give you the flu. After you get your flu shot, it can take 2 weeks or longer for your body to be fully protected. If you have flu-like symptoms (fever, coughing, sore muscles) soon after the flu shot, it probably means you were infected before the vaccine had a chance to take effect.

4. Get a flu shot every year.

Flu viruses change from year to year. Flu vaccines are designed to protect against the specific viruses that research suggests will be the most common during the upcoming season. One of the flu viruses may change during flu season, but you are still protected from the other viruses covered by the vaccine.

5. By protecting yourself, you protect others.

When you get your flu shot, you protect yourself and avoid spreading the flu to people who might be more severely affected by it. And because children under 6 months can't be vaccinated, pregnant women and anyone caring for a baby should get the vaccine.

6. The flu shot is covered at no cost.

If you're a Kaiser Permanente member, you can get the flu vaccine at no cost.

7. Colds are caused by other viruses.

A flu shot doesn't protect you from the common cold. Remember to wash your hands often to help stop the spread of germs.

Protect yourself and others from the flu today. Get your flu shot!

To find out where to get your flu shot, call **1-866-70-NO-FLU (1-866-706-6358)**.

kp.org/flu

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