It’s Not Too Late to Get Your Flu Shot

The flu is more serious than the common cold so do everything you can to prevent it. A flu shot is one of your best defenses. Flu shots are available at no charge to our members.

The Centers for Disease Control and Prevention recommends everyone 6 months and older get a flu vaccination every year*. The flu shot helps prevent you from getting the flu and from spreading it to others. Even healthy people can develop serious complications or even die from the flu – so protect yourself and your loved ones by getting vaccinated.

Walk-in Lobby Clinics (no appointment necessary) will be open through January 31, 2020 at the following Kaiser Permanente locations:

**Coffee Road Medical Office**
4801 Coffee Road, Bakersfield, CA 93308
Mondays: 8:00 am to 5:00 pm
Thursdays: 8:00 am to 5:00 pm

**East Hills Medical Office**
3700 Mall View Road, Bakersfield, CA 93306
Tuesdays: 10:00 am to 7:00 pm
Wednesdays: 8:00 am to 12:00 pm
Fridays: 8:00 am to 5:00 pm

**Tehachapi Medical Office**
1100 W. Tehachapi Blvd., Ste. D, Tehachapi, CA 93561
Monday through Friday: 8:00 am to 5:00 pm

**Stockdale Medical Office**
3501 Stockdale Highway, Bakersfield, CA 93309
Monday through Friday: 8:00 am to 8:30 pm

If you are unable to go to any of the offices listed above, please make an appointment by calling 1-833-KP4CARE (1-833-574-2273).

For the most up-to-date information call the 24-hour flu hotline at 1-866-70-NOFLU (1-866-706-6358).

*Centers for Disease Control & Prevention [https://www.cdc.gov/flu/prevent/vaccinations.htm](https://www.cdc.gov/flu/prevent/vaccinations.htm)