

Protect yourself and your family from the flu today



Give it your BEST SHOT

For more information on flu prevention, visit kp.org/mydoctor/flu.

The flu is more serious than the common cold, so you should do everything you can to prevent it. Symptoms include fever, chills, coughing, and muscle aches, which may last up to 1 to 2 weeks.

Everyone 6 months or older should get a flu shot each year. It's the best way to avoid getting the flu and spreading it to others. Get a flu shot at no cost at our vaccination clinics, opening in late September.

What you should know about the flu:

- The flu shot is the best way to prevent the flu.
- The flu shot **cannot** give you the flu.
- The flu is serious. It can lead to hospitalization and even death.
- If you get the flu, you can give it to people around you.
- Kaiser Permanente members can get the flu shot at no charge.

Stay healthy. Get vaccinated. To find out where and when to get a flu shot, call **1-800-KP-FLU11 (1-800-573-5811)**.