

Arm yourself against the flu



PROTECT YOURSELF AND YOUR FAMILY. GET A FLU SHOT

The flu is more serious than the common cold and is easily transmitted to others.

Everyone should get a flu shot every year. It can protect you from getting sick and keep you from spreading the flu to others. Our flu clinics begin in early September at most locations in Northern and Southern California.

2020 Flu Clinics begin in September

Please check our website at [KP.org/Flu](https://kp.org/flu) or call for the specific hours and locations of a facility near you

Southern CA - 1-866-70-NO FLU
Northern CA - 1-800-KP-FLU-11

kp.org/flu

Flu shots will be available throughout the winter to Kaiser Permanente members only. There is no cost to members for flu vaccinations.

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