



Help protect yourself and your family. Get a **flu vaccine!**

Don't wait. Vaccinate!

It happens all the time: One family member gets sick, and the next thing you know, the whole household has it. Protect yourself and your children with the flu vaccine. Everyone 6 months and older should get it.

Where can I get the flu vaccine?

No-cost flu vaccines are available from September to June at your doctor's office. For flu clinic locations and hours, visit **kp.org/flu**. You don't need an appointment.

3 reasons to get a flu vaccine:



It can make symptoms less severe, and help reduce flu illnesses, visits to doctor's offices, missed work and school, and flu-related hospitalizations and deaths.



Hundreds of millions of Americans have safely received the flu vaccine over the past 50 years.



There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to help match these viruses.