



We have a flight to catch. We're getting the flu shot.

Get your no-cost flu shot—don't wait.

The flu is much more serious than the common cold. Protect yourself and your loved ones from serious health risks with a yearly flu shot. They're available at no cost to Kaiser Permanente members.

Flu vaccinations are available at all Kaiser Permanente medical offices. Get your vaccine during a regular appointment, or drop by your clinic between 8:30 a.m.-5 p.m. (some injection rooms are closed at lunchtime). You can also get your vaccine at a [CareClinic](#) inside several Bartell Drugs locations. Learn about this year's vaccine, and if there's a cost.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington, 320 Westlake Ave. N., Suite 100, Seattle, WA 98109

kp.org/flu

