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LET'S STOP SICK DAYS BEFORE THEY START

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STAYING HEALTHY

The flu shot is your best defense against the flu. The flu isn't just a bad cold – it's highly contagious and can be very serious. And it can take about 2 weeks to develop immunity, which is why you should get a flu shot before the season starts.



Give it your best shot

Don't get the flu. Get the flu shot! Contact your health plan about where to get one. Remember, the flu virus changes every year, so get a shot annually.



Get your zzzzs

Load up on vitamin zzzzz. Sleeping less than 6 hours a night makes you 4 times more likely to catch a bug than folks who get at least 7 hours of shut-eye.*



Keep your baby safe

Pregnant or breastfeeding? Then a flu shot is extra important. Flu-fighting antibodies will be passed to your baby in the womb or through your breast milk.†

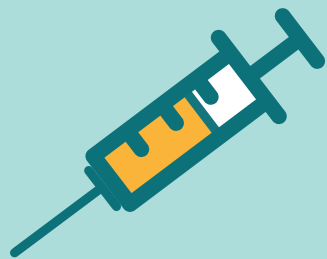
Fight the flu

*Sleep Research Society. †Centers for Disease Control and Prevention



Share how you stay healthy with #RiseAndThrive.

5 Ways to Fight the Flu



Get your
flu shot

The flu shot is the best way to protect yourself. It's safe, effective, and it targets this year's viruses.

As a member, you can get a flu shot at **no cost** at our facilities or our flu shot clinics.

Visit kp.org/flu for more information.

Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans: 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 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612



Don't touch
your face



Sneeze/cough
into your elbow



Wash
your hands



Stay home
if you're sick

The flu is serious. Protect yourself and everyone around you.

Every year, millions of people get the flu. Hundreds of thousands of people get so sick, they wind up in the hospital.* Why risk it?

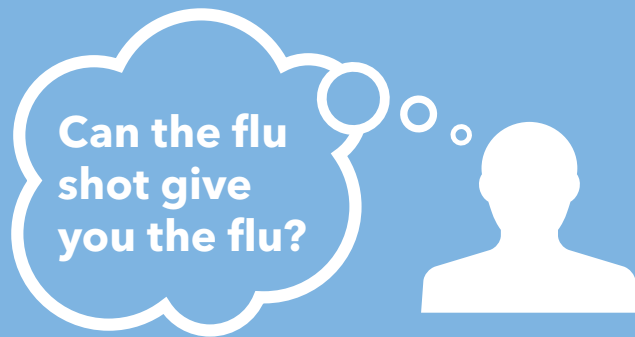
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The flu shot is your best defense against getting and spreading the flu.

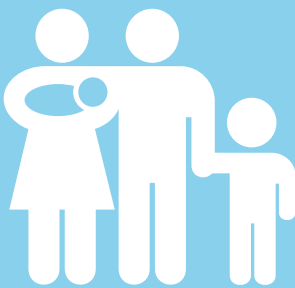


Protect yourself and others

The flu spreads easily, but the flu shot will help protect you. And if you don't get the flu, you can't spread it to others.



No. The flu shot doesn't contain a live virus. However, it can take up to 2 weeks for your body to be fully protected.



Who should get the flu shot?

Everybody 6 months and older – especially pregnant women and anyone caring for infants.

Once a year, every year

Flu viruses change each year, and so does the vaccine. Get your flu shot every year to reduce your risk.



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You don't have to pay

Kaiser Permanente members can get a no-cost flu shot at all of our locations. Many even have walk-in flu shot clinics.

*Centers for Disease Control and Prevention

Get your flu shot today!

To find a flu shot location, visit kp.org/flu

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