



# Give it your **BEST SHOT**

Protect yourself and your  
family from the flu



## Get vaccinated soon Flu shot clinics open in late September

The flu spreads easily in offices, schools, and grocery stores (to name a few places). Make sure you protect yourself and your loved ones. Start by knowing the facts and getting the flu shot.

For hours and locations, call **1-800-KP-FLU11 (1-800-573-5811)**.

Si desea información sobre las fechas y los horarios de las clínicas de vacunas contra la gripe, llame al **1-800-573-5811**.

流感診所將於九月下旬開診。欲瞭解時間和地點，請致電 **1-800-573-5811**。

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Knowing the facts about the flu can save your life.

- The flu is serious. Even healthy adults and children can be hospitalized by it.
- Vaccination is the best protection against the flu.
- The flu shot is safe and cannot give you the flu.
- Everyone 6 months and older should get a flu shot.
- The vaccine is available at no cost to Kaiser Permanente members.

[kp.org/mydoctor/flu](https://kp.org/mydoctor/flu)

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