

# 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?

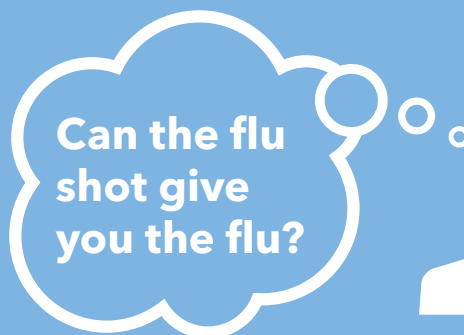
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**The flu shot is your best defense against getting and spreading the flu.**

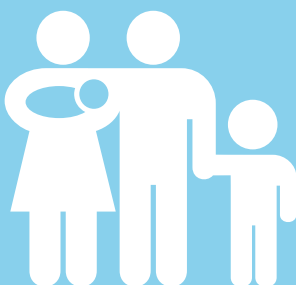


## Protect yourself and others

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](http://kp.org/flu)

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