


Don't let the flu slow you down

Get the flu shot and stay healthy



Get your no-cost flu shot starting **September 1**. You can even get the flu shot and COVID-19 vaccine in one visit at many locations. Find a convenient and safe location near you at kp.org/flu.

 Stop the spread of the flu. The flu shot is your best defense against the flu virus – and a safe, effective way to protect the people around you.



Walk-in flu shots

Monday through Friday, 8:30 a.m. to 4:30 p.m. Schedule varies by location. All locations closed for lunch from noon to 1 p.m. and all day on holidays.

- No appointment necessary for flu shots.
- COVID-19 vaccine also available **by appointment**.



Oahu

Hawaii Kai Clinic
Honolulu Medical Office
Kailua Clinic
Koolau Medical Office
Mapunapuna Medical Office
Moanalua Medical Center
Waipio Medical Office
West Oahu Medical Office

Maui

Lahaina Clinic
Maui Lani Medical Office
*Flu shots available during in-person appointments at Maui Lani, Elua, Kihei, and Wailuku locations; no walk-ins.

Hawaii Island

Hilo Clinic
Kona Medical Office
Waimea Clinic

Kauai

Lihue Clinic

You can also ask your care team for a flu shot or COVID-19 vaccine at your next appointment.

*Flu shots also available at Kahuku Clinic during in-person appointments; no walk-ins.



Weekend flu shot clinics

Starting September 10, visit a Saturday flu shot clinic – including drive-thru clinics for a limited time – at select Kaiser Permanente locations. Visit kp.org/flu for dates and times.

Saturdays, 8 a.m. to noon

- No appointment necessary.



We have the high-dose flu shot for adults age 65 and over. For the 2022-2023 flu season, the CDC recommends that adults 65 years and older receive the high-dose flu vaccine for better protection against severe flu.



Days, hours, and locations are subject to change. **Visit kp.org/flu** for the most up-to-date information.



Schedule a COVID-19 vaccine or booster appointment, get the latest updates, and more. Visit kp.org/covidvaccine.

Scan the QR codes or visit kp.org:

- flu shot clinic updates
- more information about the flu
- to schedule your COVID-19 vaccine or booster appointment



kp.org/flu



kp.org/covidvaccine