

# Protect yourself and your family from the flu

During a recent flu season:<sup>1</sup>



**35 million**

Americans got sick  
with the flu



**16 million**

Americans had to see  
a doctor for the flu



**48,000**

children were hospitalized  
with the flu

The flu season can be unpredictable. The best defense is to get your flu shot.  
Have you taken this important first step?

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

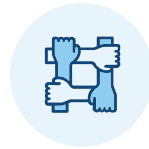


# 4 reasons to get a flu shot



## It's your best defense against the flu

Flu vaccines have been shown to reduce the risk of having to go to the doctor with the flu by as much as 40% to 60%.<sup>2</sup>



## It protects others

Coughing and sneezing spreads germs. By preventing flu symptoms, you'll help stop the spread of illnesses to people around you.



## It's safe

Flu shots can't and won't give you the flu. Millions of Americans have safely received them over the last 50 years.<sup>3</sup>



## It changes every year

The vaccine is updated each year to target the latest virus.

For flu shot clinic locations, ask your doctor or nurse during your visit or go to [kp.org/flu](https://kp.org/flu).

1. "Estimated Flu-Related Illnesses, Medical visits, Hospitalizations, and Deaths in the United States – 2019-2020 Flu Season," CDC.gov, 2021.
2. "What Are the Benefits of Flu Vaccination?" CDC.gov, 2021.
3. "Influenza (Flu) Vaccine Safety," CDC.gov, 2021.

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 or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

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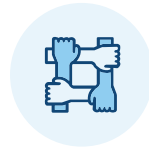


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