

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?

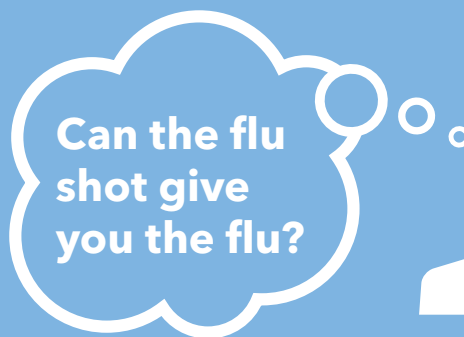
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The flu shot is your best defense against getting and spreading the flu.

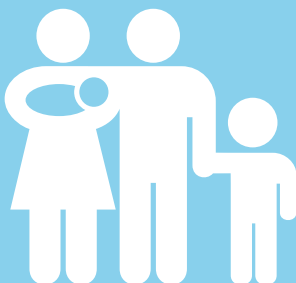


Protect yourself and others

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.



\$0

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

 **KAISER PERMANENTE®**



PROTECT YOURSELF AND YOUR LOVED ONES

Get the flu shot.

Adult & Pediatric Drive-Through Flu Shots

Sept. 24 — Nov. 25

Monday — Saturday, 9 a.m. to 5 p.m.

- **South Sacramento Medical Center**
6600 Bruceville Rd., Sacramento, CA 95823
- **Elk Grove Medical Offices**
9201 Big Horn Blvd., Elk Grove, CA 95758

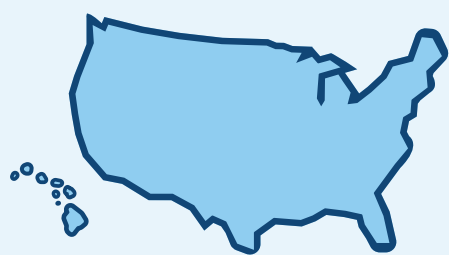
When you arrive on our campuses, follow the signs directing you to the flu shot drive-thru locations.



For more information, visit kp.org/flu or ask a Kaiser Permanente team member.

Protect yourself from the flu

The flu spreads quickly, and everyone is at risk of catching it – even healthy people. Flu symptoms like coughing and sneezing can also spread viruses to those around you. During the 2018-2019 flu season:*



35.5 million
Americans got sick
with the flu



16.5 million
Americans had to see a
doctor for the flu



46,000
children were hospitalized
with the flu



A flu shot is the best way to protect against the flu.

Who should get a flu shot?

Everyone **6 months and older** should get a flu vaccine each year.



How does a flu shot work?

- It helps your body create antibodies to fight the flu virus.
- It takes **2 weeks** for the flu shot to start working.

Who is at high risk for flu complications?



Young
children

65+

Adults 65
and older



Pregnant
women



People with
chronic conditions

What are flu complications?

The flu can lead to serious health problems. You could be hospitalized for:

- Pneumonia
- Respiratory failure
- Heart inflammation

For flu shot clinic locations, ask your doctor or nurse during your visit or go to **kp.org/flu**.

*"Estimated Influenza Illnesses, Medical visits, Hospitalizations, and Deaths in the United States – 2018-2019 influenza season," CDC.gov, 2020.

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., 601 Union St., Suite 3100, Seattle, WA 98101



PROTECT YOURSELF AND YOUR LOVED ONES

Flu vaccinations start Monday, September 21, 2020

This year we've set up safe drive-through or walk-up flu shot locations. Let us know when you plan to arrive, so we know when to expect you. To schedule your flu shot visit kp.org/flu or call 1-800-573-5811 for more information. Our staff will be wearing masks and other personal protective equipment and are following strict hygiene protocols. **Don't forget your mask!**

If you're experiencing a cough, fever, shortness of breath, or other symptoms of COVID-19, call our Appointment and Advice Call Center, 1-866-454-8855, or email your doctor before getting your flu shot.

Due to social distancing protocols, flu clinics will not be offered at our Sacramento and Roseville Medical Centers; Downtown Commons and Fair Oaks Medical Office; or East Roseville Parkway.

Riverside Medical Offices
1011 Riverside Ave., Roseville 95678
Drive-through, Monday-Saturday
8:45 a.m.-4:45 p.m.

Folsom Ambulatory Surgery Unit
285 Palladio Pkwy., Folsom 95630
Drive-through, Monday-Friday
8:45 a.m.-4:45 p.m.

Lincoln Medical Offices
1900 Dresden Drive, Lincoln 95648
Drive-through, Monday-Friday
8:45 a.m.-4:45 p.m.

Point West Medical Offices
1650 Response Road, Sacramento 95815
Walk-up, Blue Tent, Lot E
Monday-Saturday, 8:45 a.m.-4:45 p.m.

Rancho Cordova Medical Offices
10725 International Dr., Rancho Cordova 95670
Walk-in, Monday-Friday, 8:45 a.m.-4:45 p.m.

Davis Medical Offices
1955 Cowell Blvd., Davis 95618
Walk-up, Monday-Friday, 8:45 a.m.-4:45 p.m.

Howe Avenue
855 Howe Ave, Sacramento 95825
Walk-in, Monday-Friday, 8:45 a.m.-4:45 p.m.



PROTECT YOURSELF AND YOUR LOVED ONES

Get the flu shot.

Now more than ever, it's important to stop the spread of the flu. The flu shot is your best defense against the virus—and a safe, effective way to protect the people around you.

Flu vaccines are now available at our Santa Rosa and Rohnert Park medical offices for members who have office visits scheduled.

Drive-thru Flu Clinic open from September 16, 2020 to November 25, 2020:

401 Bicentennial Way, Lower Level Garage (Follow Signage to Entrance)

Monday - Friday from 11:00am to 5:00pm

Saturdays from 10:00am to 4:00pm

Flu shot dates and locations are subject to change. Before you visit, go to kp.org/mydoctor/flu or call 1-800-573-5811 for the most up-to-date information.

PROTECT YOURSELF AND YOUR LOVED ONES

Get the flu shot.



2020 Flu Vaccination Clinics

For your protection, this year's flu vaccination clinics are being conducted as drive-thru clinics at the Central Valley locations shown below. No appointment is necessary. Follow the signs to the drive-thru tents. Remember to bring your Kaiser Permanente card, along with a photo ID, and please wear a face mask.

MANTECA MEDICAL CENTER

1777 W. Yosemite Ave.
Manteca, CA 95337

Monday through Friday,
8 a.m. to 5 p.m.

MODESTO MEDICAL CENTER

4601 Dale Rd.
Modesto, CA 95356

Monday through Friday,
8 a.m. to 5 p.m.

Saturdays (9/26 to 10/31),
8 a.m. to 12:30 p.m.

STOCKTON MEDICAL OFFICES

7373 West Lane
Stockton, CA 95210

Monday through Friday,
8 a.m. to 5 p.m.

Saturdays (9/26 to 10/31),
8 a.m. to 12:30 p.m.

TRACY MEDICAL OFFICES

2185 Grant Line Rd.
Tracy, CA 95377

Monday through Friday,
8 a.m. to 5 p.m.



For more information, visit kp.org/flu or ask a
Kaiser Permanente team member.

PROTÉJASE Y PROTEJA A SUS SERES QUERIDOS

Vacúnese contra la gripe

2020 Clínicas de vacunación contra la gripe

Para su protección, las clínicas de vacunación contra la gripe de este año se llevan a cabo como clínicas de servicio en su auto en las clínicas del Central Valley que se mencionan a continuación. No se necesita una cita. Siga las señales hacia las carpas para el servicio en su auto. Recuerde traer su tarjeta de Kaiser Permanente, una identificación con foto, y usar una mascarilla.

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De lunes a viernes,
8 a.m. a 5 p.m.

MODESTO MEDICAL CENTER

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Para obtener más información, visite kp.org/gripe
o hable con un miembro del equipo de Kaiser Permanente.