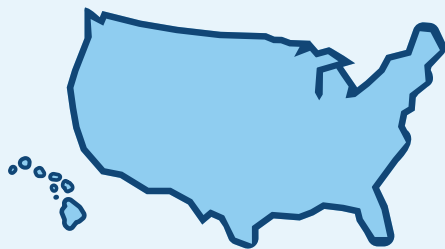


Protect yourself from the flu

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

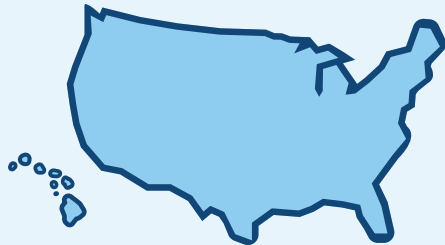
For flu shot clinic locations, ask your doctor or nurse during your visit or go to kp.org/flu.

*"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

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