

Protect yourself and your family from the flu

During the 2018 to 2019 flu season:¹



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

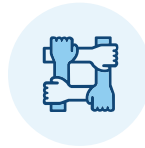
Now more than ever, it's important to avoid spreading viruses to others.
Have you taken this important first step?

4 reasons to get a flu shot



It's your best defense against the flu

The flu shot prevented 4.4 million flu illnesses and 58,000 hospital visits in 2018 to 2019.²



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.³



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.

1. "Estimated Influenza Illnesses, Medical visits, Hospitalizations, and Deaths in the United States – 2018–2019 influenza season," CDC.gov, 2020. 2. "Influenza Illnesses, Medical Visits, Hospitalizations, and Deaths Averted by Vaccination," CDC.gov, 2020. 3. "Influenza (Flu) Vaccine Safety," CDC.gov, 2019.

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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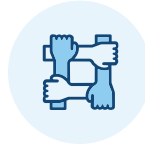
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