

# 5 Ways to Fight the Flu



Get your  
flu shot

The flu shot is the best way to protect yourself. It's safe, effective, and it targets this year's viruses.

As a member, you can get a flu shot at **no cost** at our facilities or our flu shot clinics.

Visit [kp.org/flu](http://kp.org/flu) for more information.

Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans: 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 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612



Don't touch  
your face



Sneeze/cough  
into your elbow



Wash  
your hands



Stay home  
if you're sick