

Protect what you love – every moment, everyone.

Get the flu shot. No appointment needed.

As a member, you can get your flu shot at no cost.

Flu shots are available at every Kaiser Permanente medical facility during clinic business hours – no appointment needed. We've taken steps to make it safe, easy, and convenient to get your no-cost flu shot – so you can feel good about protecting yourself and your loved ones.

3 reasons to get your flu shot



It's safe and effective – Flu shots can't give you the flu. In fact, they reduce the risk of flu illness by 40% to 60%.*



It protects your community – Preventing flu symptoms like coughing and sneezing helps stop the spread to family, friends, and co-workers.



It changes every year – The vaccine is updated each year to target the latest strain of the flu.

To learn more about how to get a flu shot near you, visit kp.org/flu

3 ways to get your flu shot



Walk in – No appointment needed. Stop by any of our medical locations for same-day vaccination.



Retail locations – Now through March 31, 2022, members can get a flu shot at no additional cost from the following retailers:**

Albertsons/Save-On	Kroger
Bartell Drugs	QFC
Costco	Rite Aid
CVS	Safeway
Fred Meyer	Walgreens
Haggen Pharmacy	Walmart



During an appointment – Get your flu shot at your next in-person appointment.

It's safe to get the flu and COVID-19 vaccines at the same time.

Visit kp.org/covidvaccine to schedule a vaccination appointment, get the latest updates on booster shots, learn how the vaccines work, and more.

*"Vaccine Effectiveness: How Well Do the Flu Vaccines Work?," CDC.gov, 2020.

** You will need your photo ID and member ID card. Before you go, please visit the retailers' websites to learn about the need for appointments, age restrictions, and more.

Learn more at kp.org/flu and kp.org/covidvaccine

