



Annual Flu and COVID protection

Respiratory viruses such as flu and COVID can disrupt work, family life, and everyday activities. Staying up to date on your vaccines is one of the best ways to help protect yourself and those around you. Vaccines can help reduce the risk of severe illness, hospitalization, and missed time from the things that matter most.

Help slow the spread of the flu and COVID

The Centers for Disease Control and Prevention recommend everyone 6 months and older get an annual flu vaccine.

Staying up to date on your COVID vaccine can also help protect you against serious illness and hospitalization.

Flu and COVID vaccines coming soon

Kaiser Permanente members can get their flu and COVID shots at no cost. Flu vaccines will be available beginning on September 14, 2026. COVID vaccines will be available in mid-late September. For the latest vaccine information and locations, visit kp.org/flu.

Thank you for helping keep our communities safe and healthy,

Edward Kao, MD
Physician-in-Chief
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