



Help prevent the flu

You can help prevent the flu by getting vaccinated every year. The U.S. Centers for Disease Control and Prevention recommends that everyone aged 6 months and older receive a flu vaccine annually. It's best to get your flu shot as soon as it becomes available.

Throughout the flu season, Kaiser Permanente members can get a flu shot at no additional cost during any doctor visit or at one of our walk-in vaccine clinics. Flu vaccines will be available starting the second week of September. Learn more at kp.org/flu.

If you do get sick

Flu symptoms tend to be more severe than those of a cold and come on more suddenly. Sneezing, coughing, body aches, fatigue, and fever — having the flu can be miserable.

Most people can manage flu symptoms at home with rest, over-the-counter medications, and plenty of fluids. Your doctor may prescribe antiviral medication to help reduce the severity and duration of your symptoms, so contact your health care provider right away if you think you have the flu.

Some individuals may require hospital care, especially if they develop complications like pneumonia or if the flu worsens due to a pre-existing health condition.

Yours in good health,

Edward Kao, MD
Physician-in-Chief

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