



## Arm yourself against the flu.

### The flu is more serious than the common cold

It's also very easy to transmit to other people. The best way to prevent seasonal flu is to get an annual flu vaccination. Everyone in your household should get a yearly vaccination, but it's especially important for:

- Children 6 months old up to their 19th birthday.
- Anyone 50 or older.
- Anyone with a chronic health condition like diabetes, heart or lung disease, liver or kidney disease, sickle cell disease, cancer, alcoholism, persistent asthma, or immunosuppression (including the early stages of HIV).
- Pregnant women.
- Health care workers.
- Anyone living with or caring for someone in any of the above categories or with a child under 6 months old.

### How to get your free flu vaccination

Our flu shot clinics open in October throughout Northern California. To find a location near you, call **1-800-KP-FLU-11 (1-800-573-5811)**. Vaccinations are free to Kaiser Permanente members only and will be available throughout the winter.

You'll find a list of our flu shot clinics in your area on the reverse side of this flyer.

**Questions about seasonal flu or the new H1N1 (swine) flu?** Visit [kp.org/flu](http://kp.org/flu) for helpful advice on preventing and treating seasonal flu—and for the latest news about the new H1N1 flu. The seasonal flu vaccination does not protect against the new H1N1 virus strain. A separate vaccine for that strain is currently in production.

### Tips for flu season

- Get a seasonal flu vaccination every year. A new seasonal vaccine is developed annually.
- It takes up to two weeks for your body to develop protection once you receive the flu vaccination.
- **You can't get the flu from a flu vaccination.**
- Wash your hands often with soap and water or hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Eat healthy foods and exercise regularly.
- If you get the flu, take care of yourself. Get plenty of rest and drink lots of fluids.
- Cover your cough or sneeze with a tissue.
- Use home remedies or over-the-counter medicines to help ease flu symptoms. Antibiotics won't help your body fight viruses like the flu or head and chest colds.
- If you get sick, stay home from work or school to keep from infecting others.

[kp.org/flu](http://kp.org/flu)