

Flu protection for all that is you. Get the flu shot.

Flu shots are available starting September 3.

4 reasons to get a flu shot



It's the best defense

Flu vaccines have been shown to reduce the risk of having to go to the doctor with the flu by 40% to 60%.¹



It's safe

Flu shots can't—and won't—give you the flu. Millions of Americans have received them safely over the last 50 years.²



It protects others

Coughing and sneezing spread germs. By preventing flu symptoms, you'll help stop the spread of illnesses to people around you.



It changes every year

The flu vaccine is updated each year to target the latest circulating viruses.

Kaiser Permanente offers 2 ways for you to get a flu shot



Medical center clinic

(by appointment only)

If you'd like to get a flu shot in one of our medical centers, simply schedule an appointment. Flu clinics are located in a designated room in each medical center.



Saturday flu clinics

(open at select medical centers)

Saturday flu clinics are open September 21, September 28, October 5, and October 12.



You can schedule an appointment for a flu shot starting August 19 by visiting [kp.org](https://www.kp.org) or calling the 24/7 appointments and advice line at **800-777-7904** (TTY 711).



For more information on how you can receive your flu shot, visit [kp.org/flu](https://www.kp.org/flu) or call our flu hotline at **800-482-4738** (toll free).



KAISER PERMANENTE®

Locations for flu shots

Medical center	Flu clinic types
Abingdon Medical Center	Medical center clinic
Alexandria Medical Center	Medical center clinic
Annapolis Medical Center	Medical center clinic
Ashburn Medical Center	Medical center clinic
Baltimore Harbor Medical Center	Medical center clinic
Bowie Fairwood Medical Center	Medical center clinic
Burke Medical Center	Medical center clinic
Camp Springs Medical Center	Medical center clinic
Capitol Hill Medical Center	Medical center clinic and Saturday flu clinic
Caton Hill Medical Center	Medical center clinic and Saturday flu clinic
Colonial Forge Medical Center	Medical center clinic
Columbia Gateway Medical Center	Medical center clinic
Fair Oaks Medical Center	Medical center clinic
Falls Church Medical Center	Medical center clinic
Frederick Medical Center	Medical center clinic
Fredericksburg Medical Center	Medical center clinic
Gaithersburg Medical Center	Medical center clinic and Saturday flu clinic
Haymarket Crossroads Medical Center	Medical center clinic
Kensington Medical Center	Medical center clinic
Largo Medical Center	Medical center clinic and Saturday flu clinic
Lutherville-Timonium Medical Center	Medical center clinic
Manassas Medical Center	Medical center clinic
Marlow Heights Medical Center	Medical center clinic
North Arundel Medical Center	Medical center clinic
Northwest D.C. Medical Office Building	Medical center clinic
Reston Medical Center	Medical center clinic and Saturday flu clinic
Shady Grove Medical Center	Medical center clinic
Silver Spring Medical Center	Medical center clinic
South Baltimore County Medical Center	Medical center clinic and Saturday flu clinic
Springfield Medical Center	Medical center clinic
Tysons Corner Medical Center	Medical center clinic and Saturday flu clinic
West Hyattsville Medical Center	Medical center clinic
White Marsh Medical Center	Medical center clinic and Saturday flu clinic
Woodlawn Medical Center	Medical center clinic and Saturday flu clinic

¹"What Are the Benefits of Flu Vaccination?" CDC.gov, 2021

²"Influenza (Flu) Vaccine Safety," CDC.gov, 2021

The continued availability of any flu clinic cannot be guaranteed. Kaiser Permanente reserves the right to relocate, modify, or terminate the location and hours of services for flu clinics. For the most up-to-date information, visit kp.org/flu.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.

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