

# Stopping the spread is important. Now more than ever.

Flu shots are available starting September 1 by appointment only

## 4 reasons to get a flu shot



### It's the best defense

Flu shots prevented 4.4 million cases and 58,000 hospital visits from 2018 to 2019.<sup>1</sup>



### 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.<sup>2</sup>



### It protects others

Preventing flu symptoms like coughing and sneezing will help stop the spread to family, friends, and co-workers.



### It changes every year

The vaccine is updated each year to target the latest strains of the virus.

## Kaiser Permanente offers 4 ways for you to get a flu shot (appointment required)



### Drive-thru clinic

(by appointment only)

This is a new, convenient way for you to get your flu shot. You don't even have to leave your car.



### In medical center clinic

(by appointment only)

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



### Walk-up clinic

(by appointment only)

You can schedule an appointment at one of our open-air tents.



### Flu Saturdays

(by appointment only)

Walk-up and drive-thru at some centers this fall. Flu Saturdays are available from September 12 to October 24.



You can schedule an appointment for a flu shot starting August 28 by visiting [kp.org](https://www.kp.org) or calling the 24/7 appointments and advice line at **800-777-7904** (TTY **711**).



To help prevent the spread of COVID-19, all our flu clinics will require an appointment.



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).

<sup>1</sup>"Influenza Illnesses, Medical Visits, Hospitalizations, and Deaths Averted by Vaccination," CDC.gov, 2020.

<sup>2</sup>"Influenza (Flu) Vaccine Safety," CDC.gov, 2019.

## Your health and safety are our first priority

Kaiser Permanente is dedicated to caring for members in all of our medical centers. We're following rigorous safety procedures, including screeners at the entrances of all medical centers to check your temperature; requiring masks for everyone entering our facilities; and thoroughly sanitizing all surfaces in the pharmacy, radiology department, and laboratory, plus all waiting rooms and reception desks.

We want to make sure that you get the care you need while staying safe. That's why this season, we ask that you make an appointment to get a flu shot.

### Locations for flu shots

(by appointment only)

Medical Center	Flu clinic appointment types
Abingdon Medical Center	In medical center
Alexandria Medical Center	In medical center
Annapolis Medical Center	In medical center
Ashburn Medical Center	In medical center
Baltimore Harbor Medical Center	In medical center
Burke Medical Center	In medical center
Camp Springs Medical Center	In medical center
Capitol Hill Medical Center	In medical center
Colonial Forge Medical Center	In medical center
Columbia Gateway Medical Center	In medical center
Fair Oaks Medical Center	In medical center
Falls Church Medical Center	In medical center
Frederick Medical Center	In medical center
Fredericksburg Medical Center	In medical center
Gaithersburg Medical Center	Drive-thru and Flu Saturdays
Haymarket Crossroads Medical Center	In medical center
Kensington Medical Center	In medical center
Largo Medical Center	Drive-thru and Flu Saturdays
Manassas Medical Center	In medical center
Marlow Heights Medical Center	In medical center
North Arundel Medical Center	Walk-up and Flu Saturdays
Northwest D.C. Medical Office Building	In medical center
Prince George's Medical Center	In medical center
Reston Medical Center	Drive-thru and Flu Saturdays
Shady Grove Medical Center	In medical center
Silver Spring Medical Center	In medical center
South Baltimore County Medical Center	Drive-thru
Springfield Medical Center	Drive-thru and Flu Saturdays
Towson Medical Center	In medical center
Tysons Corner Medical Center	Drive-thru and Flu Saturdays
White Marsh Medical Center	Walk-up and Flu Saturdays
Woodbridge Medical Center	Drive-thru and in medical center
Woodlawn Medical Center	Walk-up and Flu Saturdays