Knowing the facts about the flu can save your life.

The flu spreads easily, in offices, schools, and grocery stores (to name a few places). Make sure you protect yourself and those around you. It starts with knowing the facts—and getting the flu shot.

1. **The flu is serious.**
   It can lead to complications and hospitalization. In some cases, it can even lead to death. Symptoms may include fever, chills, muscle and body aches, headaches, coughing, sore throat, exhaustion, and (more likely in children) vomiting and diarrhea.

2. **The flu shot is your best protection.**
   The Centers for Disease Control and Prevention says the best way to protect yourself against the flu is by getting the flu vaccine. However, you should still wash your hands often to help stop the spread of germs.

3. **The flu shot does not give you the flu.**
   The flu vaccine is safe and cannot give you the flu. After you’re vaccinated, it can take two weeks or longer for your body to be fully protected. If you have flu-like symptoms after the flu shot, it probably means you were infected before the vaccine had a chance to take effect.

4. **Everyone is at risk of getting the flu.**
   Anyone can get the flu, even very healthy people. While people over 65 are most at risk for complications from the flu, healthy children and adults can also end up in the hospital.

5. **By protecting yourself, you protect others.**
   By getting vaccinated, you help protect yourself and you avoid spreading the flu to people who might be more severely affected by it. And, because children under 6 months can’t be vaccinated, the best way to protect them is by getting vaccinated yourself.

6. **The flu shot is covered at no charge.**
   If you’re a Kaiser Permanente member, you can get the flu vaccine at no cost.

Protect yourself from the flu today. Get vaccinated.
To find out where to get your flu shot, visit kp.org/flu.