

# Arm yourself against the flu



## Protect yourself and your family. Get a flu shot.

The flu is more serious than the common cold and is easily transmitted to others.

Everyone should get a flu shot every year. The Centers for Disease Control and Prevention recommends that all children six months and older — and every adult — get vaccinated against the flu. It is especially important for young children to have two shots by age two, and we strongly encourage anyone with an ongoing health condition to get the vaccine.

### It's easier than ever to get a flu shot\*!

#### Denver/Boulder:

- This year, we've replaced our limited Saturday hours with extended weekday hours.
- Members may get a flu shot **at no charge** at any Kaiser Permanente medical office beginning October 4, from 8 a.m. to 6 p.m., Monday through Friday.

#### Southern Colorado:

- Members may get a flu shot at no charge at the Pueblo North Medical Offices, beginning October 4, from 8:30 a.m. to 5:30 p.m., Monday through Friday.
- Members age 10 and older can get a flu shot at no charge at the Briargate Senior Health Center, beginning October 4, from 8 a.m. to 4:45 p.m., Monday through Friday.
- Southern Colorado members can also choose to get a flu shot at their affiliated network provider's office or a retail location, and can get reimbursed by submitting a claim form.

Flu shots will be available throughout the winter at no charge to Kaiser Permanente members. And this year, the seasonal flu vaccine will include protection against the H1N1 virus.

For the most up-to-date flu information, visit [kp.org/flu](http://kp.org/flu) or call the flu hotline any time day or night:

- Denver/Boulder: **303-344-7600**
- Southern Colorado: **1-866-868-7091**

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

\*NOTE: Some medical office hours differ. You can check specific location hours by calling the flu hotline before your visit. Flu forms will be available at the medical office. Flu shots are for Kaiser Permanente members only.

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