



# BE A LOVE BUG, NOT A FLU BUG

As a Kaiser Permanente member, get your free flu shot and spread health.

## SPREAD KISSES. NOT COUGHS

The Center for Disease Control recommends that the following individuals receive a flu shot this year:  
Adults and children age 2 to 50 with chronic medical conditions:

- Children age 6 months to 18 years on chronic aspirin therapy.
- Anyone over the age of 50.
- All women who will be pregnant during the flu season.
- **All children** from 6 months through 18 years of age.
- Health-care workers involved in direct patient care.
- Out-of-home caregivers and household contacts of children under 6 months.
- Residents of nursing homes and long-term care facilities.
- Anyone with medical conditions that puts them at a higher risk for severe complications from flu.

Health care providers may also recommend a yearly flu vaccination for:

- People who provide **essential community services**.
- People living in **dormitories, correctional facilities**, or under other **crowded conditions**, to prevent outbreaks.
- People at high risk of flu complications who **travel** to the Southern hemisphere between April and September, or to the tropics or in organized tourist groups at any time.

If you meet the criteria and are a Kaiser Permanente member attend one of the flu shot clinics at a Kaiser Permanente medical facility near you.

## WALK IN FLU SHOT CLINIC

**Saturday, Oct. 25th and Nov. 8th, 9 a.m. – noon at:**  
Avon, Bedford, Chapel Hill, Cleveland Heights, Lakewood, Parma, Strongsville, Twinsburg and Willoughby  
**Thursday, Oct. 30th, 5:30 pm. – 7:30 p.m. at: Fairlawn**

**Or to schedule an appointment Monday through Friday at a facility near you call, 1-800-524-7377.**

Members 11 and older may attend one of the upcoming flu shot clinics. Any member under age 11 requiring a flu shot must schedule an appointment by calling **1-800-524-7377**.

## FOR UP-TO-DATE INFORMATION, CALL OUR FLU SHOT HOTLINE:

(216) 778-6165 or toll-free at  
1-800-358-5666

Also visit our Web site at [kp.org/flu](http://kp.org/flu)  
for more information.

