**This year it’s more important than ever to protect yourself against flu**

Getting a flu shot is more important than ever because this year the flu season coincides with the COVID-19 pandemic.

A flu vaccine won’t protect you from COVID-19, but it does reduce your risk of serious illness and hospitalization from flu. Because the flu weakens your immune system, a person who gets the flu is susceptible to more serious illnesses, including COVID-19.

Given that the initial supplies of the COVID-19 vaccine are limited, getting a flu shot is a great way to protect yourself, your loved ones, and your community now -- against what can be a serious illness, the flu.

Kaiser Permanente members can [get their flu shot](https://mydoctor.kaiserpermanente.org/ncal/cold-and-flu/prevention#/prevention) at one of Kaiser Permanente’s drive-through or walk-up clinics, or during an in-person appointment at one of our facilities. If you aren’t a Kaiser Permanente member, check out [stopflu.org](https://stopflu.org/) to find the nearest flu vaccine location.