3 ways to stay healthy this season

Take extra steps to fend off the flu and stay safe from COVID-19. Protect yourself and the people you care about with these simple tips.

Get vaccinated

Vaccines make everyday moments safer. Fight off the yearly flu virus with a flu shot at no cost. Get the COVID-19 vaccination at no cost* for the best protection. Plus, you can safely get both the flu shot and COVID-19 vaccine at the same time.

Protect yourself with healthy habits

Simple things that support overall health can also help you stay healthy. Wash your hands often. Wear a mask when it's recommended. Stay home when you're sick.

Learn to recognize common symptoms

Flu, COVID-19, and the common cold share some of the same symptoms. If you're not feeling well, visit **kp.org/flu** to learn what your symptoms may mean and get tips to make yourself feel better.

Visit **kp.org/seasonalvaccines** to learn more.

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* Available at Kaiser Permanente at no cost for some members.

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