



## Protect yourself from flu and COVID

Don't let being sick with [flu](#) or [COVID](#) get in the way of your weekend getaway, backyard barbecue, or spending time with family or friends. Both viruses have the potential to cause serious symptoms. Get your seasonal vaccinations when they're available to stay protected.

### Flu and COVID vaccines will be available soon

Flu shots will be available beginning on **September 9** at Kaiser Permanente. Members can get seasonal vaccines at no additional cost at one of our [flu and covid clinic locations](#).

Updated COVID vaccines aren't yet available, but they're expected in late September from the manufacturers. For recorded flu and COVID vaccine clinic information, please call [800-573-5811](tel:800-573-5811).

### Help slow the spread of COVID

There has been a **spike in COVID transmission in San Mateo County** and throughout California. We can each take precautions to keep ourselves, families, colleagues and those with compromised immune systems safe by staying current on our vaccines.

**Wearing a well-fitted mask** that covers your nose and mouth continues to help reduce the transmission of respiratory viruses. If you are feeling ill or you are experiencing any respiratory symptoms, please **test for COVID** and wear a mask if you are around other people.

Thank you for helping keep our communities and each other safe,

**Edward Kao, MD**

Physician-in-Chief

Kaiser Permanente South San Francisco Medical Center