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LET'S STOP SICK DAYS BEFORE THEY START

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STAYING HEALTHY

The flu shot is your best defense against the flu. The flu isn't just a bad cold – it's highly contagious and can be very serious. And it can take about 2 weeks to develop immunity, which is why you should get a flu shot before the season starts.



Give it your best shot

Don't get the flu. Get the flu shot! Contact your health plan about where to get one. Remember, the flu virus changes every year, so get a shot annually.



Get your zzzzs

Load up on vitamin zzzzz. Sleeping less than 6 hours a night makes you 4 times more likely to catch a bug than folks who get at least 7 hours of shut-eye.*



Keep your baby safe

Pregnant or breastfeeding? Then a flu shot is extra important. Flu-fighting antibodies will be passed to your baby in the womb or through your breast milk.†

Want more healthy ideas? Visit kp.org/flu or pinterest.com/kpthrive. 

*Sleep Research Society. †Centers for Disease Control and Prevention

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