



**CAUTION
COLD & FLU
SEASON**

Protect yourself from the FLU in 2022

Defend yourself and your family against the flu this season!

NASSCO Shipyard

October 4, 5, 6 & 7

Kaiser Tent, Outside Bldg. 15
9:30 a.m. – 3:00 p.m.

Mission Valley 1 Parking Lot

October 10

Kaiser Mobile Health Vehicle
9:30 a.m. – 3:00 p.m.

Flu vaccination can keep you from getting sick with flu.

What are the benefits of flu vaccination?

- Flu vaccination can keep you from getting sick from the flu. Protecting yourself from the flu also protects the people around you who are more vulnerable to serious flu illnesses.
- Flu vaccination can help protect people who are at greater risk of getting seriously ill from the flu, like older adults, people with chronic health conditions and young children (especially infants younger than 6 months old who are too young to get vaccinated).
- Flu vaccination also may make your illness milder if you do get sick.

Flu vaccines are available to ALL employees at no cost.

If you are a Kaiser Permanente member, please bring your Kaiser card with you. Representatives from NASSCO's Medical Department will administer flu vaccinations to all other NASSCO employees. Flu vaccinations will be available while vaccine supplies last.