



Flu is spread from person to person.

So is kindness.

Do your part. Get your flu shot.



While there isn't a COVID-19 vaccine, you can protect yourself, your loved ones, and your community by getting an annual flu shot. And for PacificSource members, **it won't cost you a dime.**



Just show your Member ID to an in-network doctor, or at pharmacies including Albertsons, CVS, Costco, Fred Meyer, Kroger, and Safeway. Find a pharmacy near you at **PacificSource.com.**

P.S.: Kindness is contagious. Pass it on.

