


Don't let the flu slow you down.

Get vaccinated and live your life, full speed ahead



Your Kaiser Permanente care team recommends that everyone 6 months and older get an annual flu shot. It's the best way to protect yourself and your loved ones from the flu. Kaiser Permanente members can get their no-cost flu shot starting **September 3, 2025**. Find a convenient location at kp.org/flu.

- We also offer the high-dose flu vaccine for those age 65 and older, which is recommended due to increased risk of serious flu complications.

 **Walk-in vaccine clinics**
Monday through Friday, 8:30 a.m. to 4:30 p.m. All locations closed daily for lunch from noon to 1 p.m. and all day on holidays, unless otherwise noted below. No appointment necessary for the flu vaccine, unless otherwise noted below.

Oahu

Hawaii Kai, closed daily from noon to 1:30 p.m.

Honolulu

Kahuku, appointment preferred.

Kailua, closed daily from noon to 1:30 p.m.

Koolau, closed daily from noon to 1:30 p.m.

Mapunapuna Medical Office

Moanalua Medical Center

Waipio Medical Office

West Oahu Medical Office at Kapolei

Maui

Kihei, appointment preferred, closed daily from noon to 1:30 p.m.

Lahaina, appointment preferred, closed daily from noon to 1:30 p.m.

Maui Lani Medical Office

Hawaii Island

Hilo


Kona

Waimea

Kauai

Lihue Clinic

*You can also ask your care team for the flu vaccine at your next in-person appointment.

 **Weekend vaccine clinics**
Starting September 20, 2025, walk-in to our Honolulu, Koolau, Maui Lani, and Waipio locations for a limited time on **Saturdays (except holidays), 8 a.m. to noon**. No appointment necessary.



Schedule is subject to change. Before your visit, check kp.org/flu for up-to-date information.