

# GETTING THE FLU IS NO FUN

According to the Centers for Disease Control and Prevention, the flu shot is recommended for those who are 6 months and older as the first and most important step in flu prevention. Flu season usually starts in October, peaks in December, and can last through the following May.



Call one of these pharmacies or call your doctor to get a flu shot at no cost.

## Kauai

**Costco**

**Lihue Pharmacy**

**Longs Drugs**

All locations  
including Target

**Safeway**

All locations

**Walmart**

Pharmacy list updated September 2023



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