

No-cost flu shot

Don't wait to get your flu shot. Walk up Monday to Friday, 8:30 a.m. to 4:30 p.m. at Honolulu, Waipio, Koolau, Mapunapuna, Moanalua, Maui Lani, Lahaina, Hilo, Kona and Lihue. NO appointments needed! Flu shots also are available at Hawaii Kai and Kapolei clinics on Mondays, Wednesdays, and Fridays, 8:30 a.m. to noon and 1 to 4:30 p.m. Clinics are open for adults and children 6 months or older.

You can also get your no-cost flu shot at CVS/Longs Drugs, Costco, and other pharmacies. To find out more, visit kp.org/flu. On Oahu, call **808-432-2000**. On Maui, call **808-243-6000**. TTY **711**.

Questions about the COVID-19 vaccine?

Call our public vaccine hotline. If you or your family members or friends have questions about COVID-19 vaccines, we recommend calling Kaiser Permanente's national COVID-19 vaccine hotline at 855-550-0951. The hotline is available 24/7, and provides the latest vaccine information, offered in English and Spanish.

You may also go to <https://healthy.kaiserpermanente.org/hawaii/health-wellness/health-encyclopedia/he.learning-about-the-covid-19-vaccine.acl4046>.

Free Education Classes List

KP Lifestyle Medicine classes have changed to a virtual format.

Members interested in attending can call 808-432-2260 to register or ask for a Lifestyle Coach who can help find the right classes that are free to QUEST Integration members.

Our Kuleana - Commitment to Health Contributor Maile Taulii

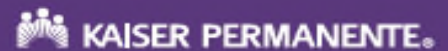
Many folks think that **kuleana** means *responsibility*, but it also means *privilege*. Kaiser Permanente (KP) health care providers and staff know that it is both a privilege and a responsibility to serve the people of Hawai'i. We service every member who needs our support with the best possible award-winning care. It is KP's commitment and our kuleana to serve you.

It's my job, as a health researcher, to look at patterns in care and try to understand who is getting care and who is not. In the coming months the COVID-19 vaccine will be available, first among our kupuna, who are at high risk, and then for others who want to be protected from COVID-19. Past flu shot data tells us that QUEST Integration members are likely to get vaccinated. We hope everyone takes advantage of this lifesaving

COVID-19 vaccine, so kids can return to school safely, the economy can recover with those seeking employment back on the job, and most importantly, we keep each other safe.

As I continue to analyze Kaiser Permanente health data, I look forward to sharing what I learn with you in future newsletters. I am committed to your health and the health of our community through our shared kuleana.

Maile Taulii is an Assistant Clinical Researcher for the Hawaii Permanente Medical Group. She resides in Waimanalo with her four kids, husband and 3 dogs. She farms kalo, dances for Na Pualei o Likolehua and has been a Kaiser Permanente member for her entire life.



Critical Actions to Stop the Spread

Take these actions to protect yourself, your household, and your community from the spread of COVID-19.



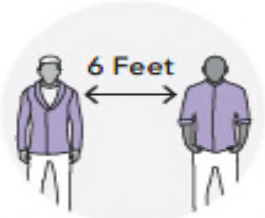
When you leave home or when you're caring for someone at home, wear a mask.



Wash your hands often with soap and water, or use hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Put at least 6 feet of distance between yourself and other people.



Clean and disinfect frequently touched surfaces often.



When possible, do essential errands, like banking or grocery shopping, online to avoid crowded public spaces.



Watch for COVID-19 symptoms and speak to your doctor if you develop fever, cough, shortness of breath, pain or pressure in your chest, or loss of taste and smell.



If you or someone in your household has or may have been exposed to COVID-19, you should **stay in your home and call your doctor.**



Wear disposable gloves when providing care to someone, especially if you will come in contact with bodily fluids.

Contact the Service Coordinator with questions or concerns. If you do not know the assigned Service Coordinator, please call Kaiser Permanente QUEST Integration Customer Service at 808-432-5330.

564251359 August 2020

For help or more information, please call 808-432-5330 (Oahu), 1-800-651-2237 (toll-free), [1-877-447-5990](tel:1-877-447-5990) (toll free for the hearing/speech impaired)