

When the Flu Shot Is a Family Affair

Valerie Coté, Teleservice Representative, Kaiser Permanente:

I'm here with my family, my husband, my grandkids, my sister and her boyfriend.

We get our flu shot every year because I had 2 family members within the last 3 years die from complications to the flu.

I used to be like, do we really need to get the flu shot? But knowing that I've lost 2 family members and my husband does have a chronic condition, so it's very important that we get him in and get him vaccinated and set an example for the grandkids.

You never know how bad the flu's gonna be any season. So I do feel much better knowing they're vaccinated.

I encourage everyone to get the flu shot because it really can save lives.

Coté Family: We got the flu shot. Yay!